

**LEARNING THE
SANSKRIT ALPHABET**
The Language of Nature

Thomas Egenes, Ph.D.

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INTRODUCTION

This book, originally published under the title *Sanskrit Workbook: Learning the Alphabet*, has been redesigned to be as effective and user-friendly as possible.

This book includes many new features. For instance, in cases where there are two ways to write the **devanāgarī** characters (i.e., the letters **a, r, l, jha**, etc.), the text now uses the more traditional forms. These are used by His Holiness Maharishi Mahesh Yogi and the Vedic scholars at the Indian Institute of Maharishi's Vedic Science and Technology. They reflect the most accurate and traditional way of writing the script. Maharishi is the great teacher and scholar who has brought to light in our time the complete wisdom of the Vedic tradition of knowledge. Maharishi's authentic and comprehensive insights into the Vedic tradition form the authority on which this book is based.

The book has also been expanded to include additional Sanskrit quotations cited by Maharishi and a reading from the Bhagavad-Gītā.

By completing the exercises in this workbook, you will learn how to read and write the Sanskrit alphabet and to pronounce words and phrases from the Vedic literature.

HOW TO USE THIS WORKBOOK

This workbook can be used with the text *Introduction to Sanskrit* (1989: Point Loma Publications). The lessons in the workbook correspond primarily to the following lessons on **devanāgarī** script in *Introduction to Sanskrit*:

*Learning the Sanskrit
Alphabet*

Introduction to Sanskrit

Lesson One

Lesson One, pp. 2–4

Lesson Two

Lesson Two, p. 12
(also Lesson One, pp. 2–4)

Lesson Three	Lesson Three , p. 23 (also Lesson Two, pp. 9–10)
Lesson Four	Lesson Four , p. 32 (also Lesson Two, pp. 9–11)
Lesson Five	Lesson Five , pp. 42–44 (also Lesson Two, pp. 9–11) (also Lesson Three, pp. 19–22)
Lesson Six	Lesson Six , pp. 55–57
Lesson Seven	Lesson Seven , pp. 68–71

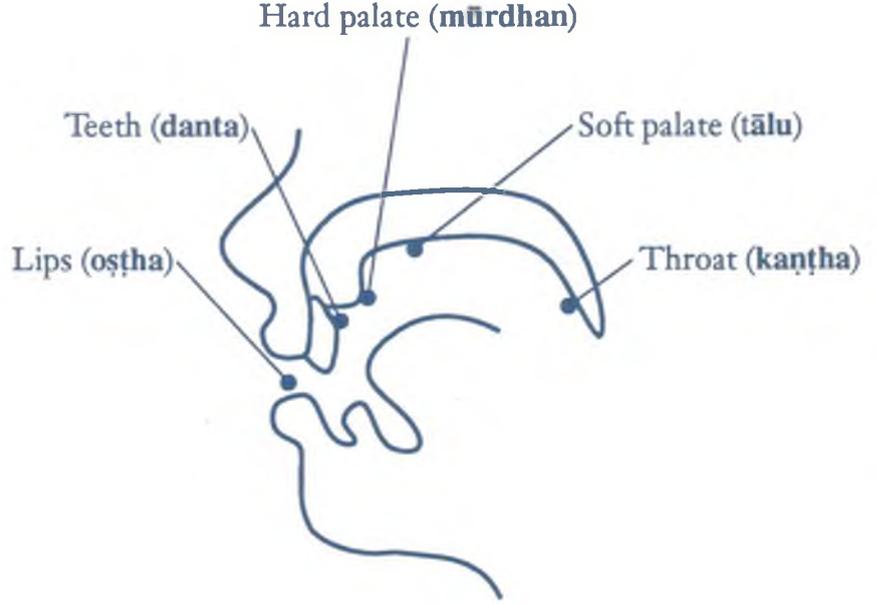
GUIDELINES FOR STUDYING

The key to learning the alphabet is repetition. Review the alphabet as often as possible during the day, taking a few minutes to bring the material to mind. If you feel any hesitation in recalling the letters, immediately look at the answers on each page. Review often and aloud, if possible. Memorization should be easy, comfortable, and frequent. If possible, say each letter aloud as you write it. While the numbered arrows on the letters indicate the suggested order for writing the letter, they are only suggestions, and another order may be followed if you prefer.

PRONUNCIATION

In this workbook, you will learn to pronounce the 52 letters of the Sanskrit alphabet. (Because some letters are rarely used, the alphabet is not always listed as containing 52 members.) Pronounce the letters in a relaxed and natural way, without straining. Since imitating the pronunciation of a qualified person is helpful, consider using the Sanskrit pronunciation audiotape available from Maharishi International University Press.

All Sanskrit sounds are pronounced at one of five different points of contact in the mouth, as indicated in the diagram below:



The chart below shows the first 25 consonants. Each row lists all the sounds that are said at a given point of contact. The a is added for the sake of pronunciation.

Velar (kaṇṭhya)	ka	kha	ga	gha	ṅa
Palatal (tālavya)	ca	cha	ja	jha	ña
Retroflex (mūrdhanya)	ṭa	ṭha	ḍa	ḍha	ṇa
Dental (dantya)	ta	tha	da	dha	na
Labial (oṣṭhya)	pa	pha	ba	bha	ma

- The first row lists all the sounds said in the throat, referred to as “velar.”

- The second row lists the sounds pronounced with the tongue touching the soft palate, at the top of the mouth.
- The third row lists the “retroflex” sounds, so called because they curl the tip of the tongue upward toward the head, with the tongue touching the hard palate—the ridge behind the upper teeth.
- The sounds in the fourth row are pronounced with the tongue flat and the tip of the tongue touching the point at which the upper teeth meet the gums.
- The sounds in the fifth row are pronounced with the lips.

You may notice that the third and fourth rows are very similar. The only difference between them is the point of articulation—that is, the place where the tongue touches the upper part of the mouth.

ACKNOWLEDGEMENTS

Inspiration, suggestions, and assistance have come from the following individuals: Toni Alazraki, Laurie Couture, Michael Davis, Carol de Giere, Shepley Hansen, Dan Horsburgh, Craig Pearson, and Dale Stephens. The Sanskrit font used in this book was developed by Peter Freund and Eric Vautier. My wife, Linda, assisted in editing and offered guidance and support.

The Sanskrit quotations used in this workbook are based upon those expressions which Maharishi has emphasized from the Vedic literature.

DEDICATION

This workbook is dedicated with deep appreciation and gratitude to His Holiness Maharishi Mahesh Yogi. Maharishi describes Sanskrit as the language of nature, the language of the impulses within pure consciousness, the Self. Maharishi explains that the ancient Vedic rishis of the Himalayas, fathoming the silent depth of their own pure consciousness, cognized these impulses. These cognitions were recorded in the Vedic literature, a vast body of beautiful expressions that embodies the mechanics of evolution in every field of life.

Maharishi has emphasized the value of learning the 52 letters of the Sanskrit alphabet and learning to read the Vedic literature in the original script. Calling it a “formula for perfection,” Maharishi has explained that pronouncing the sounds of the Vedic literature produces a corresponding quality in consciousness and, through consciousness, in the physiology and environment. The proper, sequential pronunciation of the Vedic literature strengthens the impulse of evolution in one’s life, causing all thoughts, desires, and intentions to be more in the direction of natural law.

From the Vedic tradition, Maharishi has brought to light practical procedures for experiencing pure consciousness and promoting evolution in daily life—Maharishi’s Transcendental Meditation and TM-Sidhi program. This simple, natural, effortless program has brought happiness and fulfillment to millions of people around the world. More than 500 scientific studies have verified the benefits of the TM and TM-Sidhi program in every area of life—developing mental potential, improving health, improving personal relationships, and improving the quality of life for society as a whole. Maharishi has provided the means for removing stress and suffering and for unfolding the full potential within every individual—for creating perfect health, progress, prosperity, and peace—Heaven on Earth.

SANSKRIT
ALPHABET

अ a आ ā

इ i ई ī

उ u ऊ ū

ऋ ṛ ॠ ṛ लृ !

ए e ऐ ai

ओ o औ au

अं aṃ अः aḥ

क ka ख kha ग ga घ gha ङ ṅa

च ca छ cha ज ja झ jha ञ ṅa

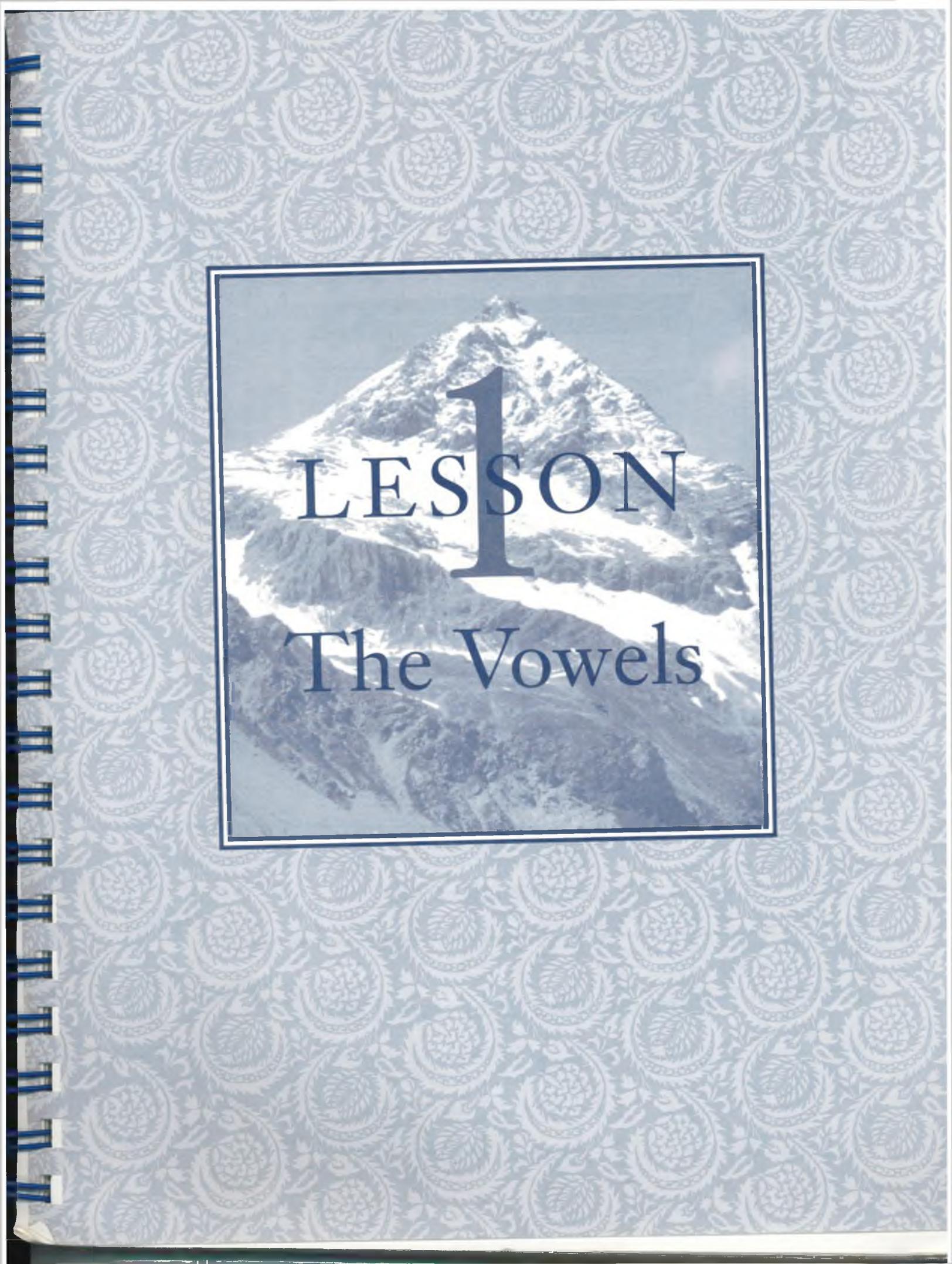
ट ṭa ठ ṭha ड ḍa ढ ḍha ण ṇa

त ta थ tha द da ध dha न na

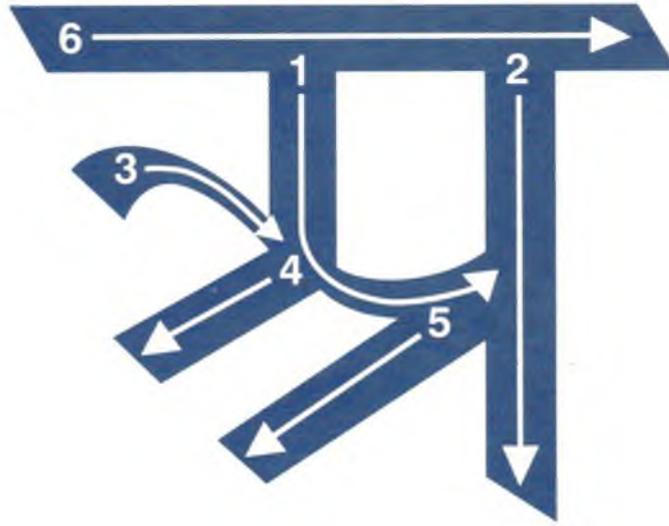
प pa फ pha ब ba भ bha म ma

य ya र ra ल la व va

श śa ष ṣa स sa ह ha



LESSON
1
The Vowels



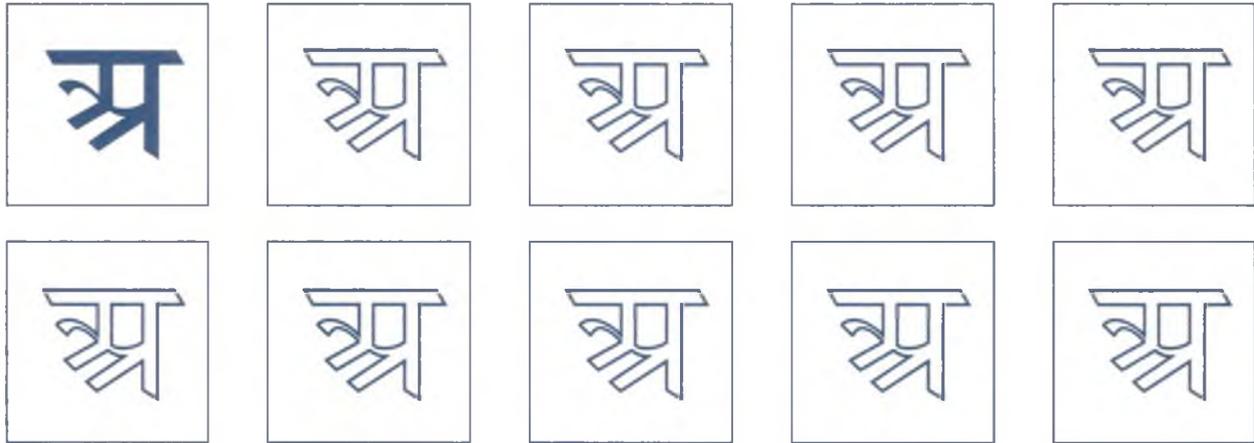
अ = a

a like the “a” in America

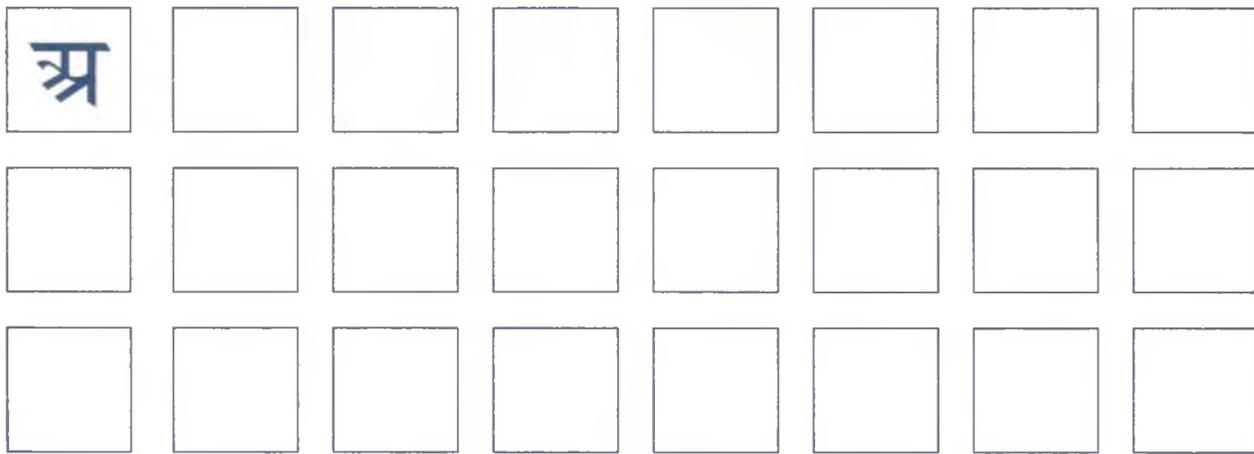
For example: **agni**

Pronounce this letter several times.

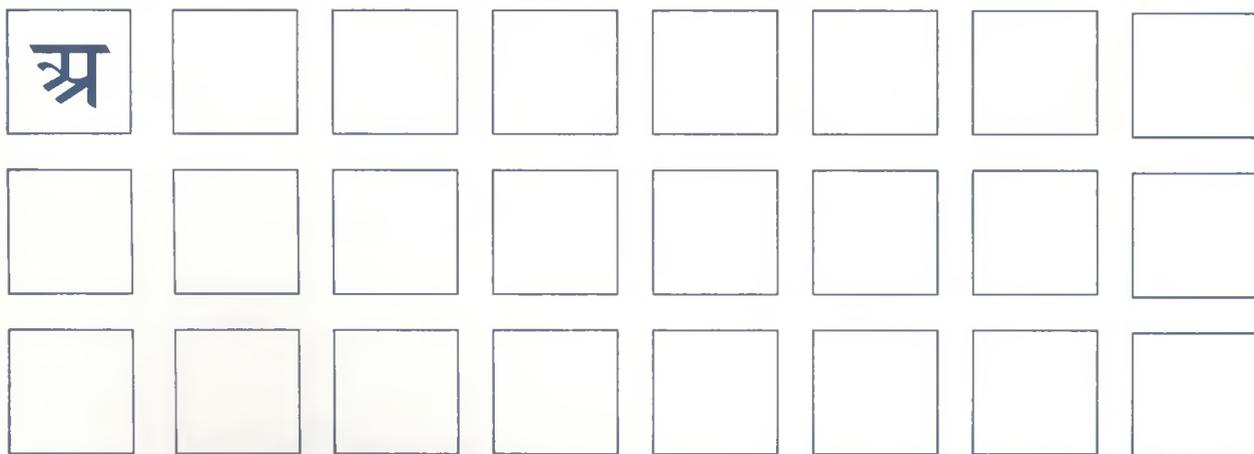
Now trace the letter:

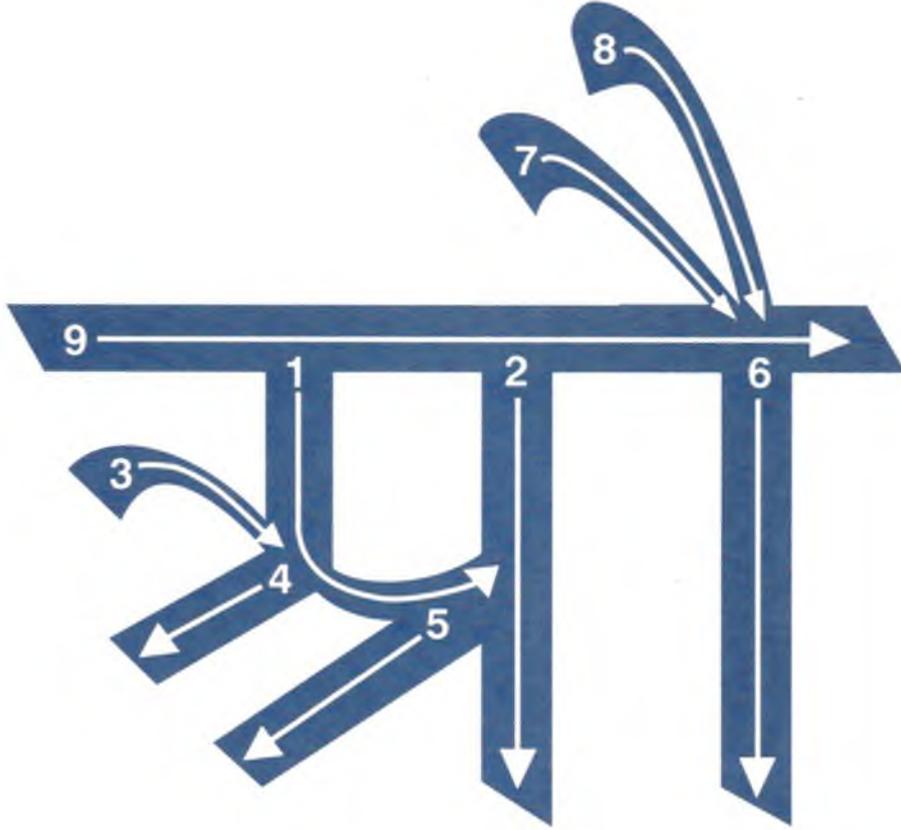


Now write the letter yourself:



After several days, practice writing the letter again:





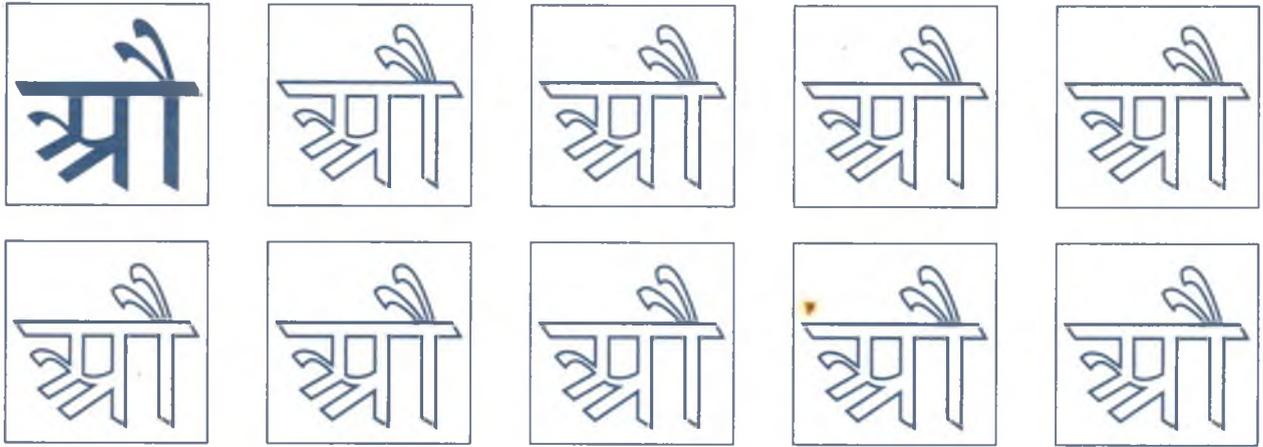
औ = au

au like the “ou” in loud

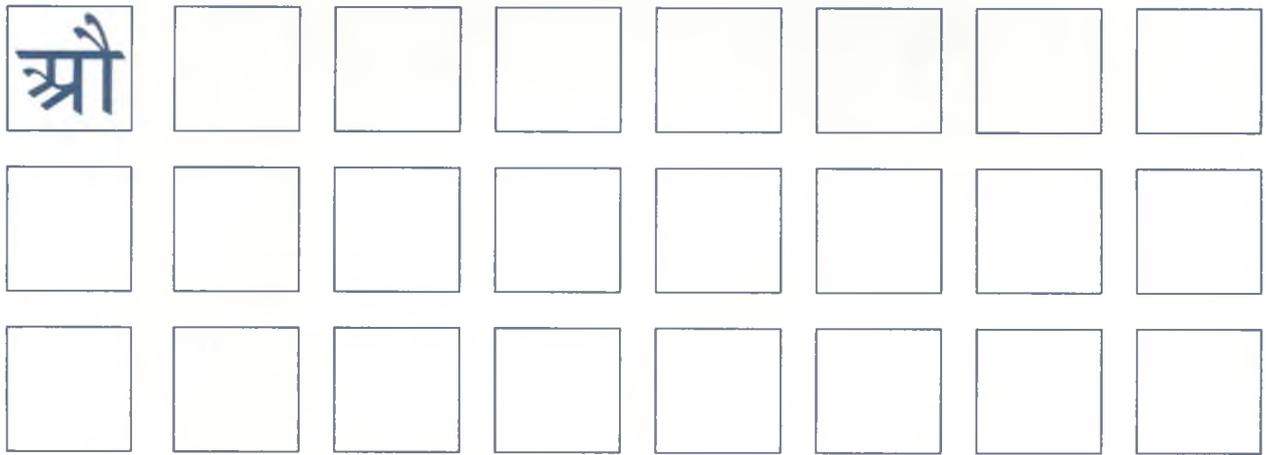
For example: **apauruṣeya**

Pronounce this letter several times.

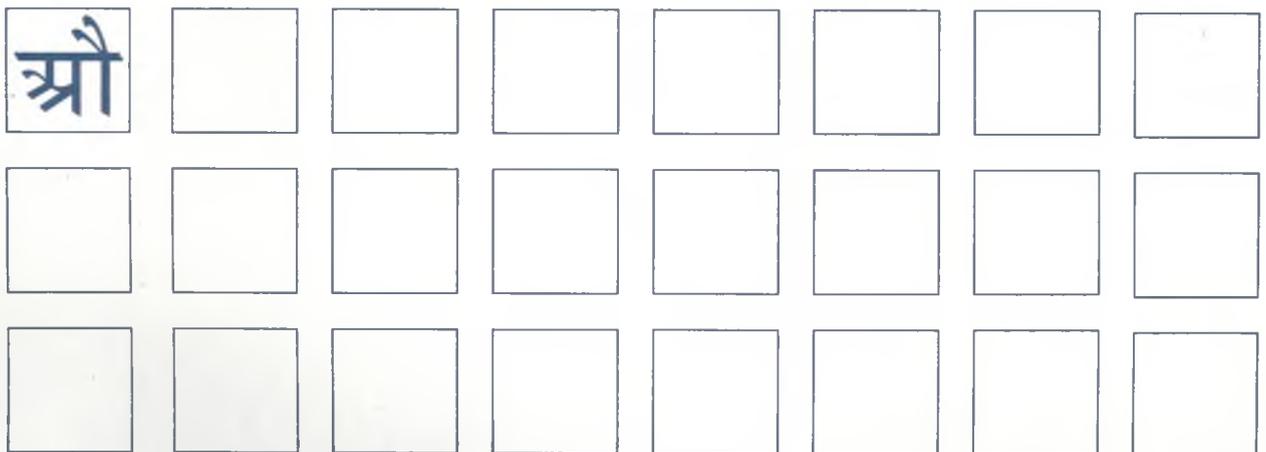
Now trace the letter:



Now write the letter yourself:



After several days, practice writing the letter again:





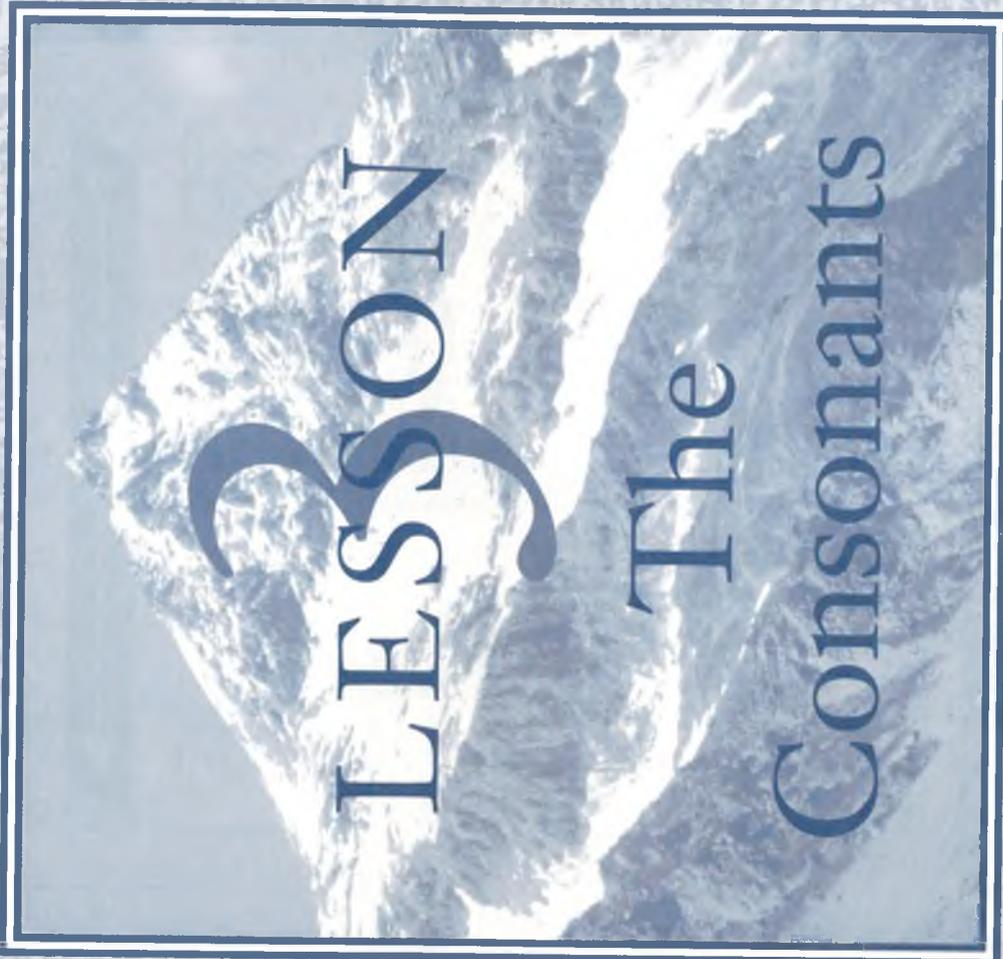
REVIEW

Now let's practice pronouncing the letters you have learned. Test yourself by reading across and then up and down until you can read them in any order easily:

	A	B	C	D
1	अ अ	ऋ	ए	औ
2	आ	उ	ओ	लृ
3	इ	ऊ	ई	ऋ
4	ऋ	ऐ	औ	ऊ

Answers:

	Ⓐ	Ⓑ	Ⓒ	Ⓓ
①	a	ṛ	e	au
②	ā	u	o	ḷ
③	i	ū	ī	ṝ
④	ṛ	ai	au	ū



LESSON
The
Consonants





क = ka

ka like the “k” in skate

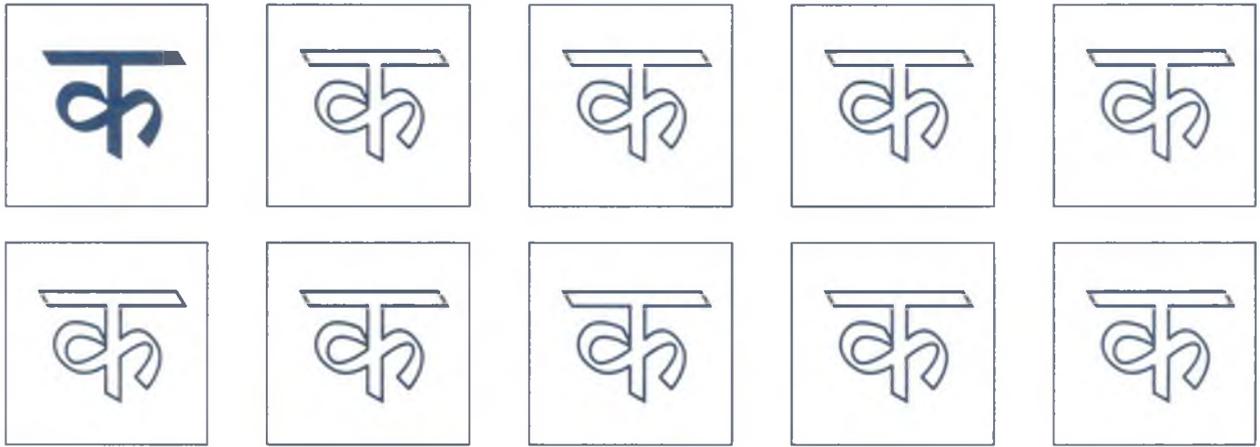
For example: **kavi**

In writing this letter, the **a** is automatically included.

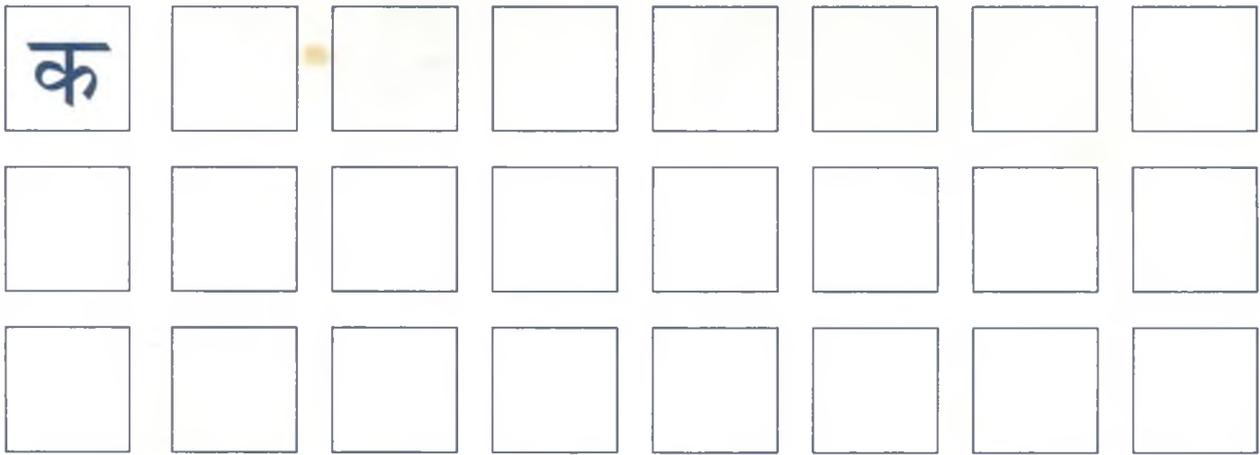
When the letter is written, the **a** is not written additionally.

Pronounce this letter several times.

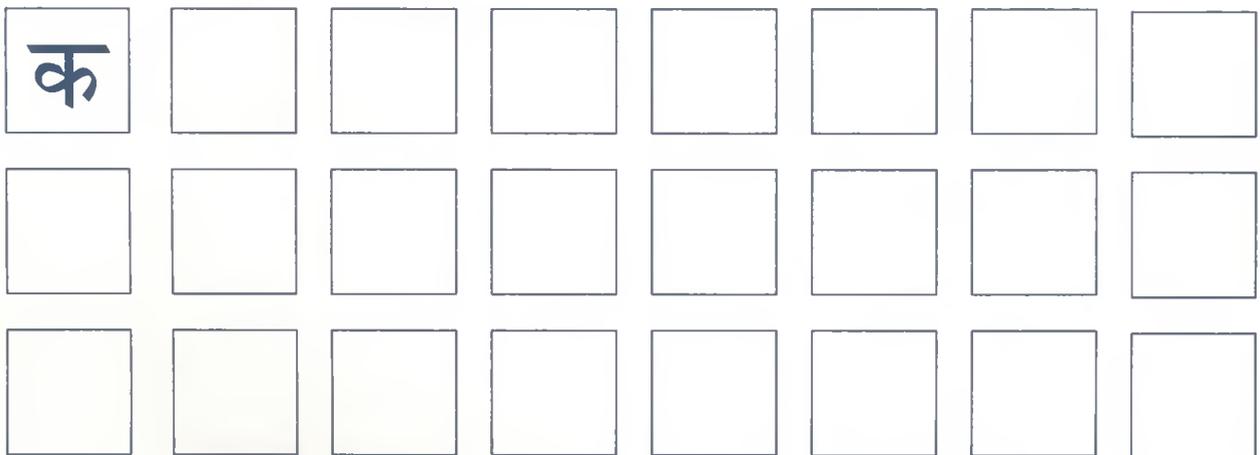
Now trace the letter:

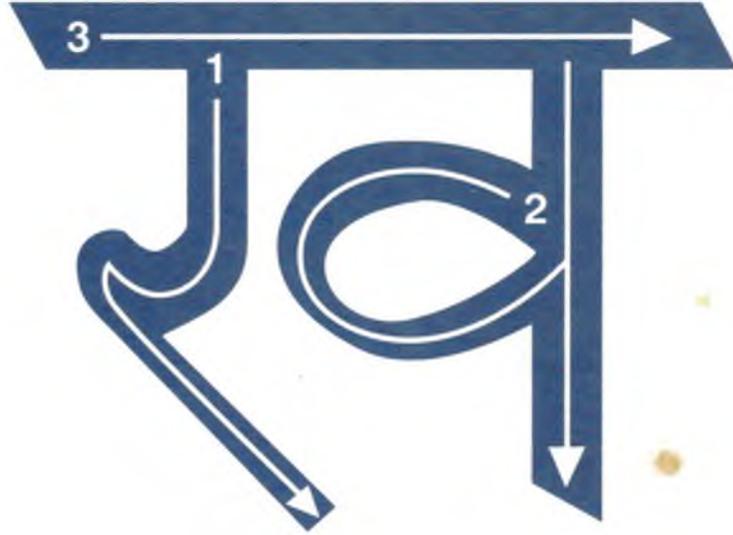


Now write the letter yourself:



After several days, practice writing the letter again:





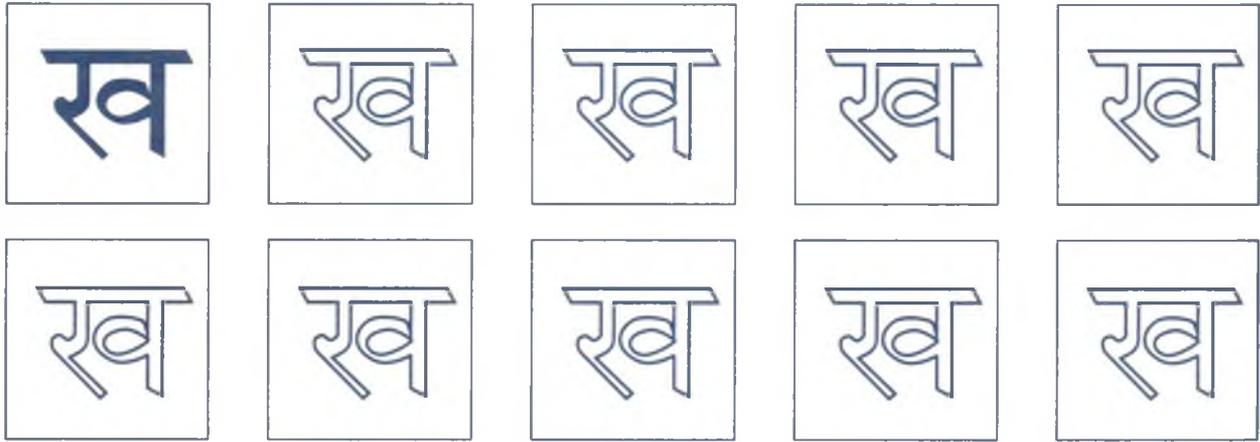
ख = kha

kh like the “kh” in bunkhouse

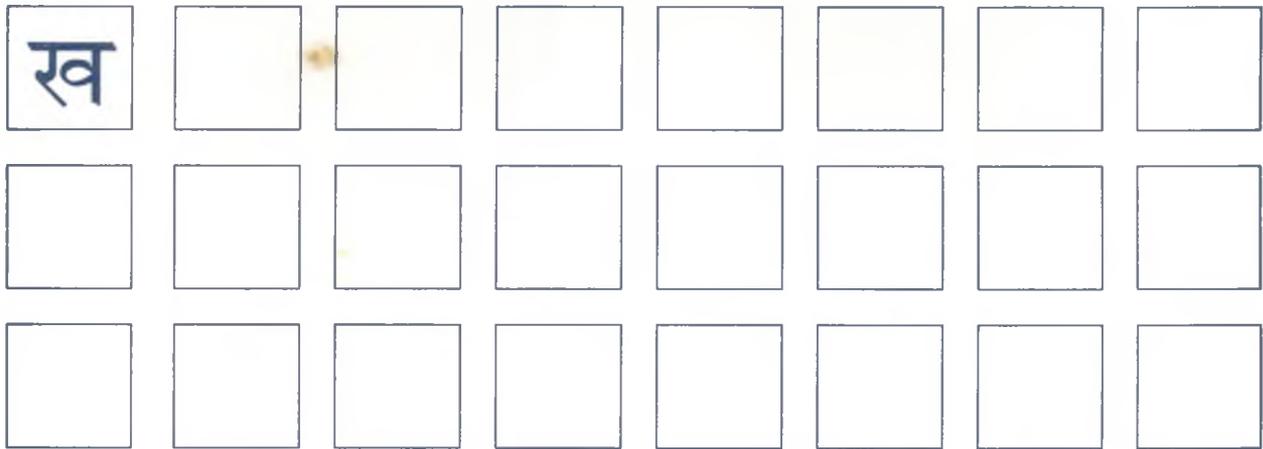
For example: sukham

Pronounce this letter several times.

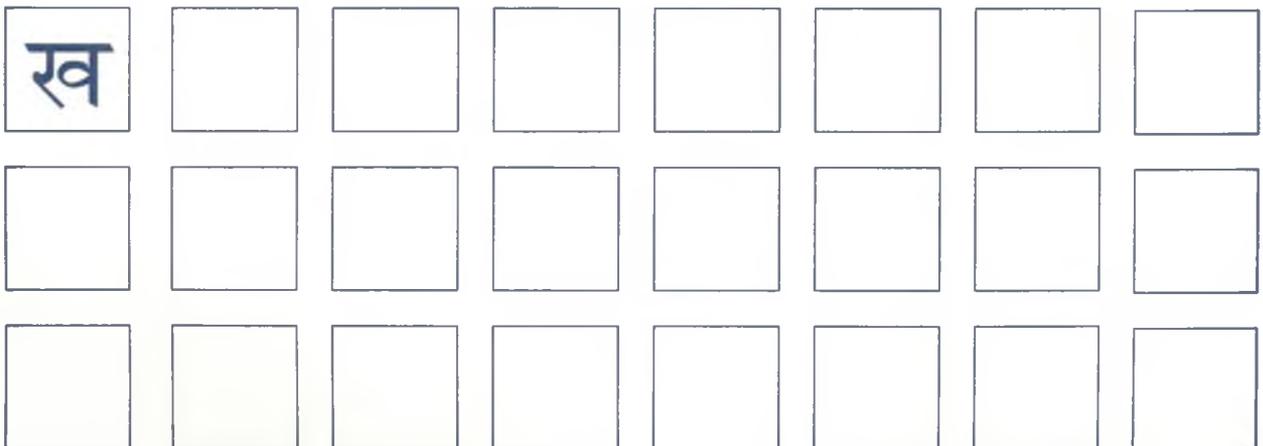
Now trace the letter:

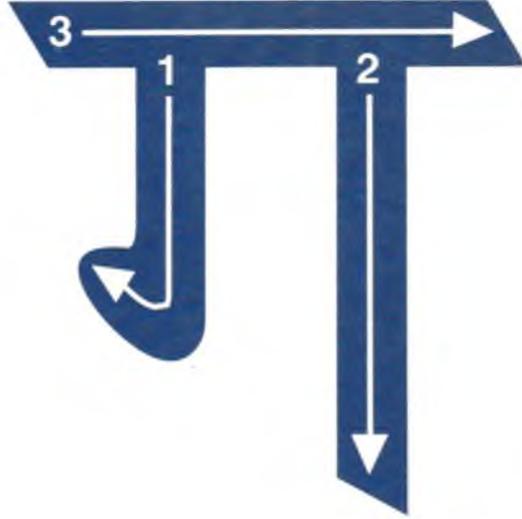


Now write the letter yourself:



After several days, practice writing the letter again:





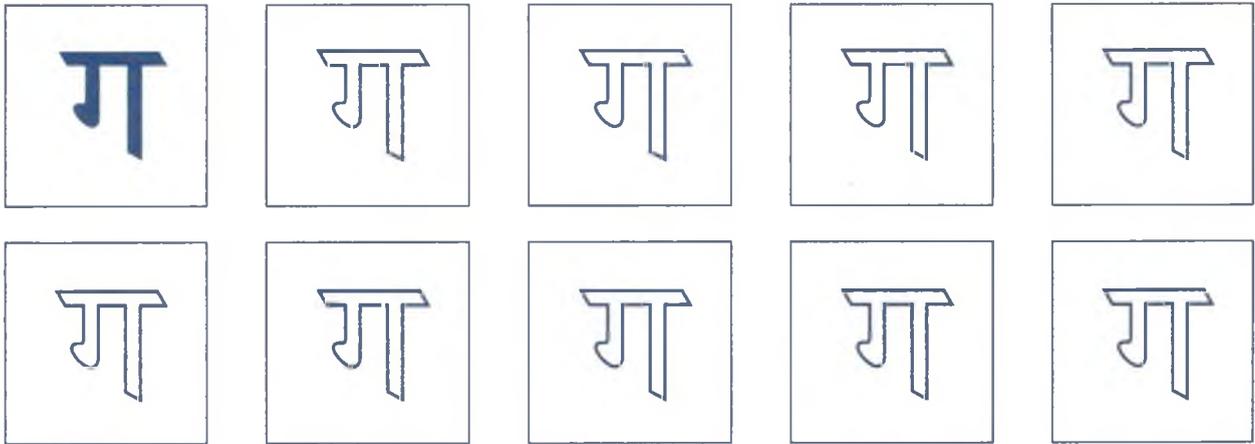
ग = ga

g like the “g” in garland

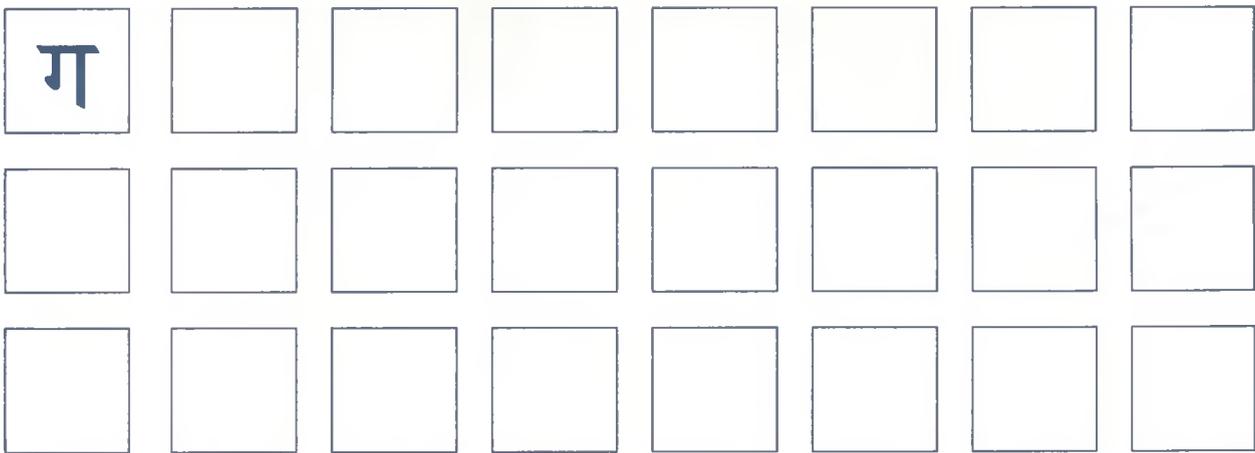
For example: Gaṅgā

Pronounce this letter several times.

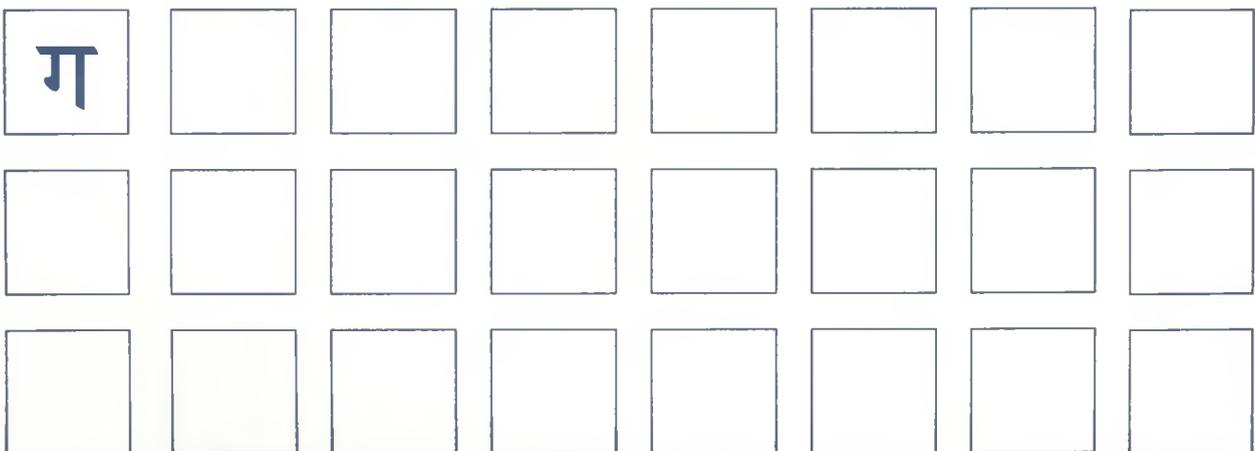
Now trace the letter:

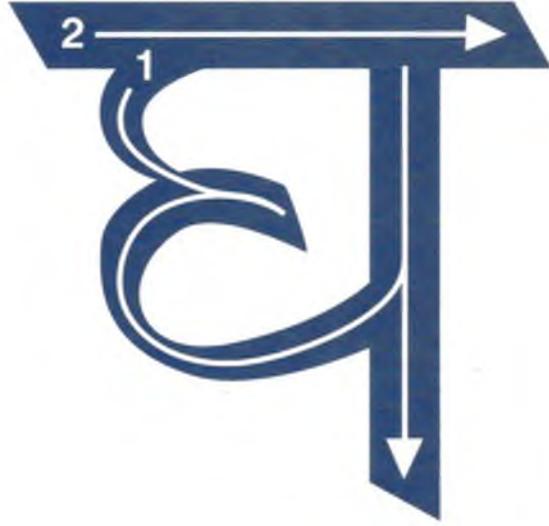


Now write the letter yourself:



After several days, practice writing the letter again:





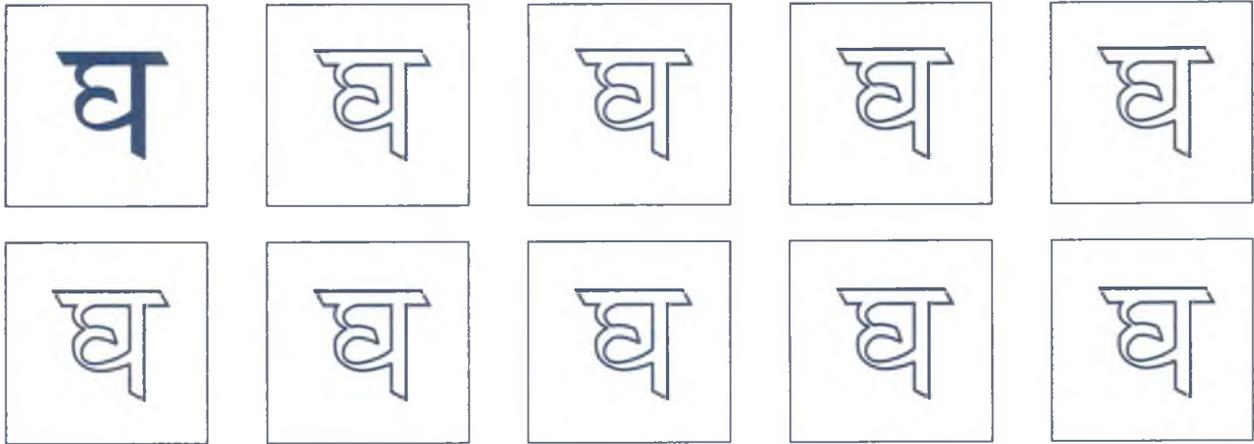
घ = gha

gh like the “gh” in loghouse

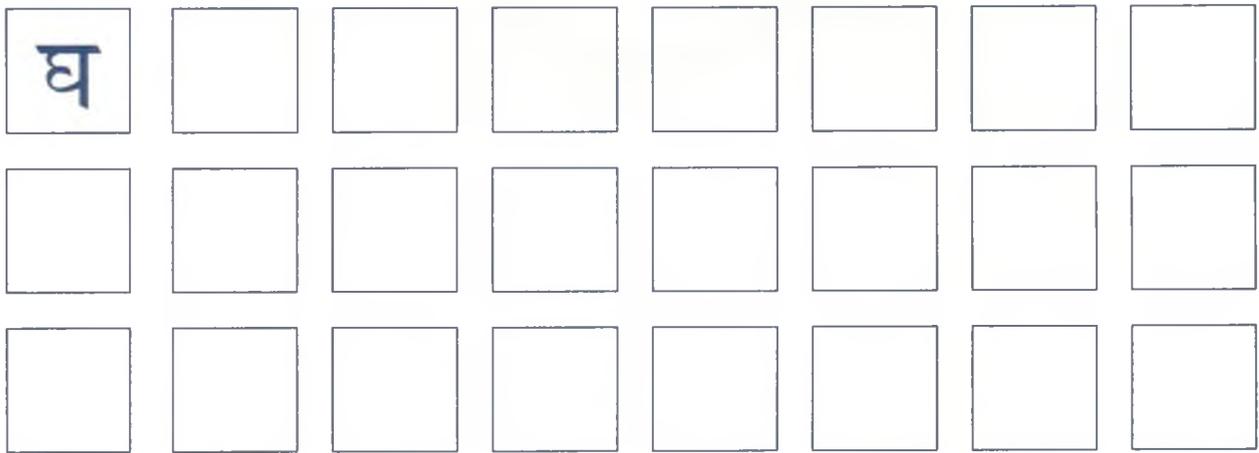
For example: ghoṣavat

Pronounce this letter several times.

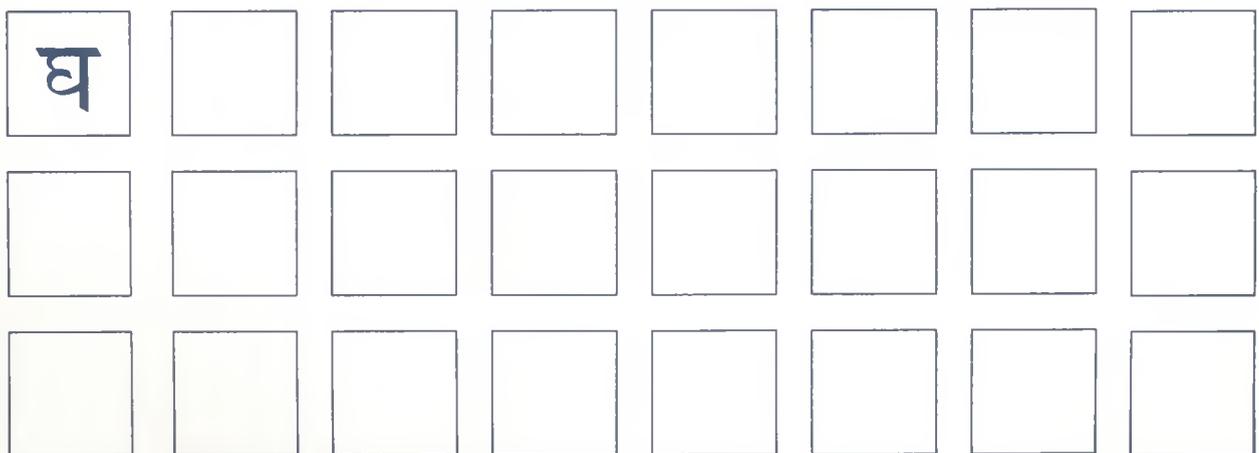
Now trace the letter:

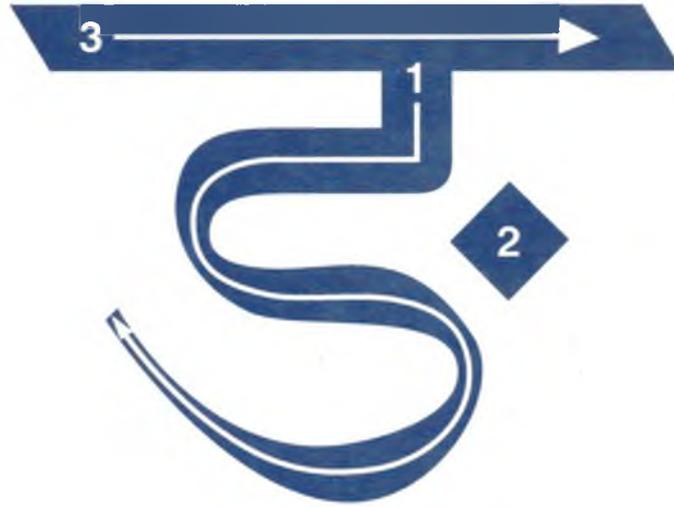


Now write the letter yourself:



After several days, practice writing the letter again:





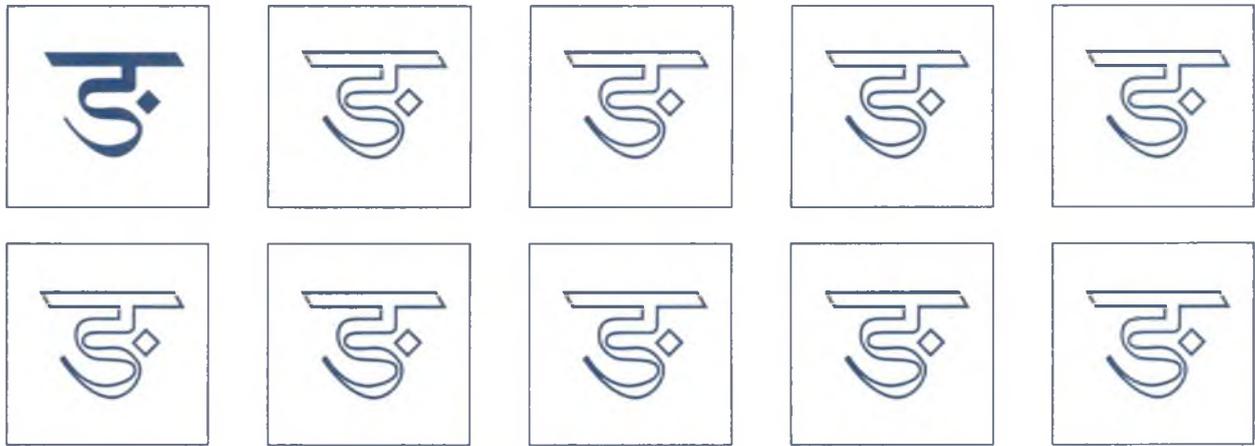
न = nā

n̄ like the “n” in sing

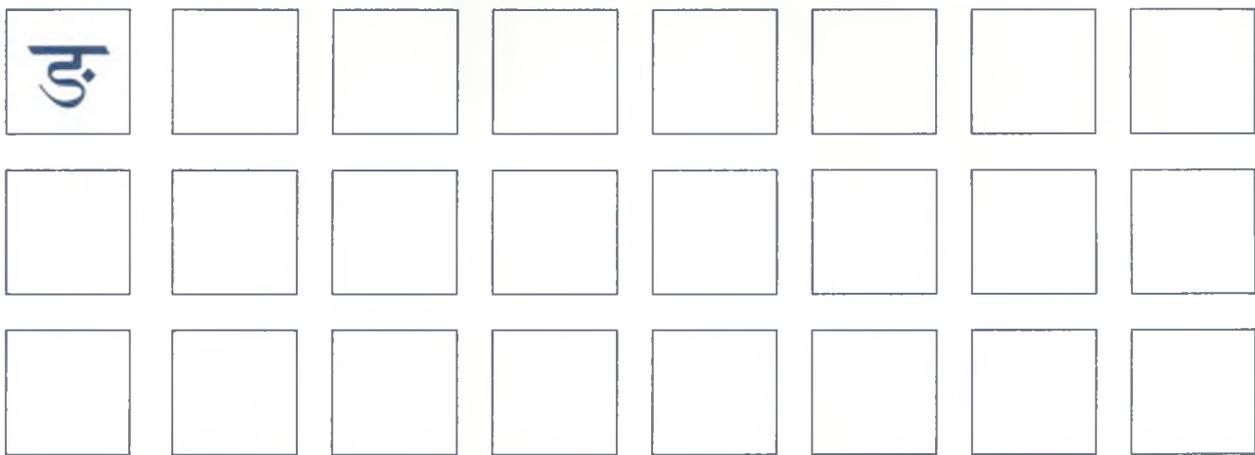
For example: Gaṅgā

Pronounce this letter several times.

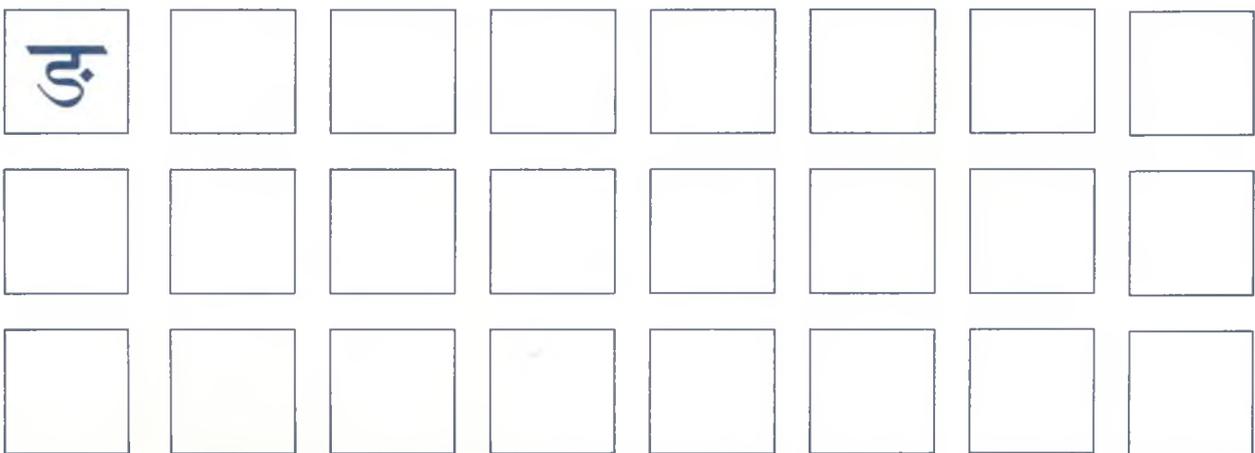
Now trace the letter:



Now write the letter yourself:



After several days, practice writing the letter again:





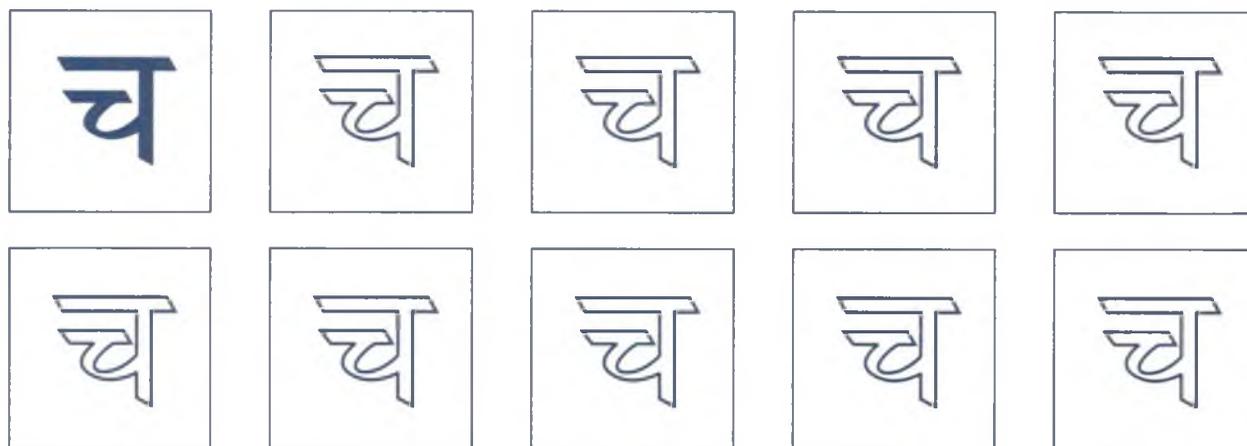
च = ca

c like the “c” in cello

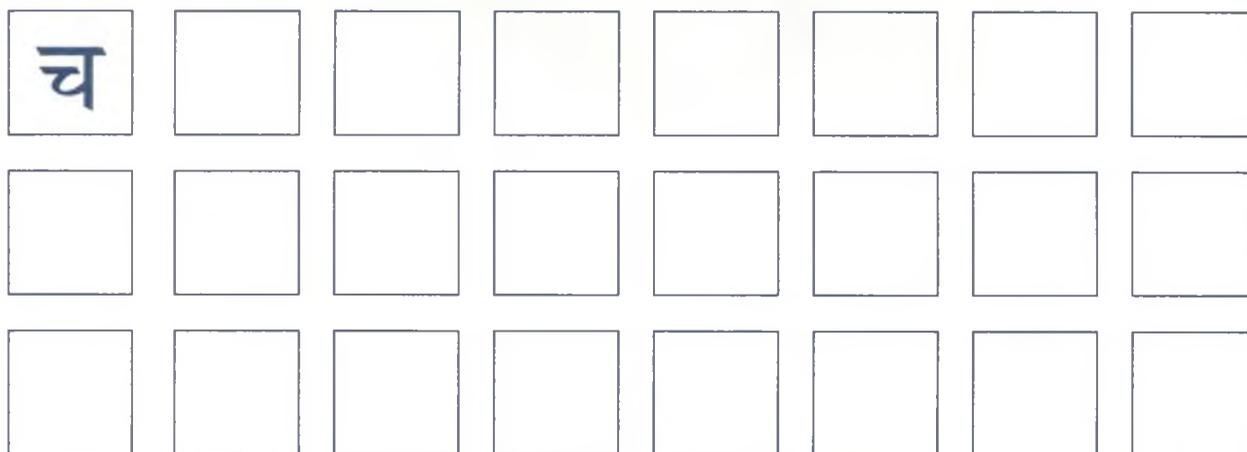
For example: **cit**

Pronounce this letter several times.

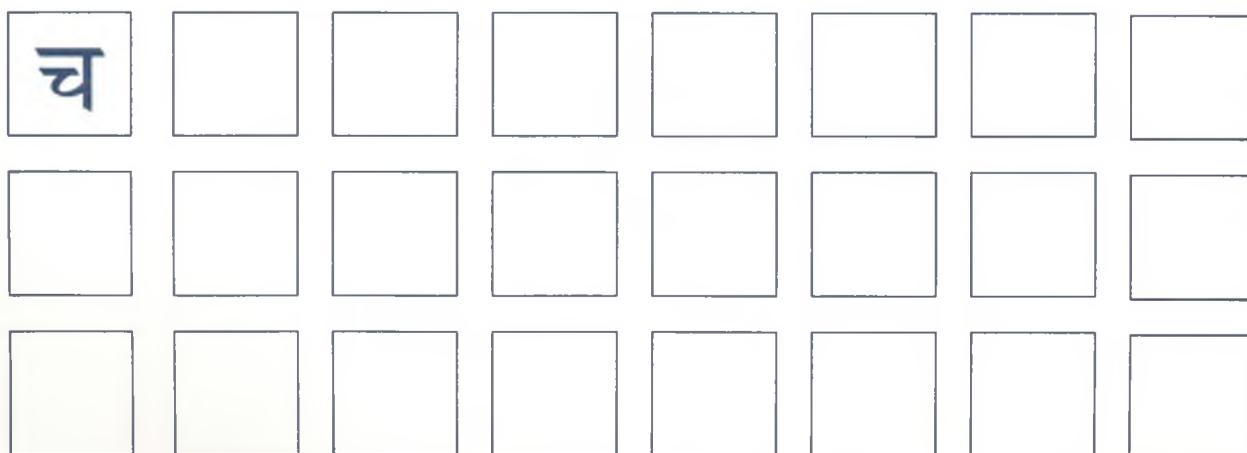
Now trace the letter:



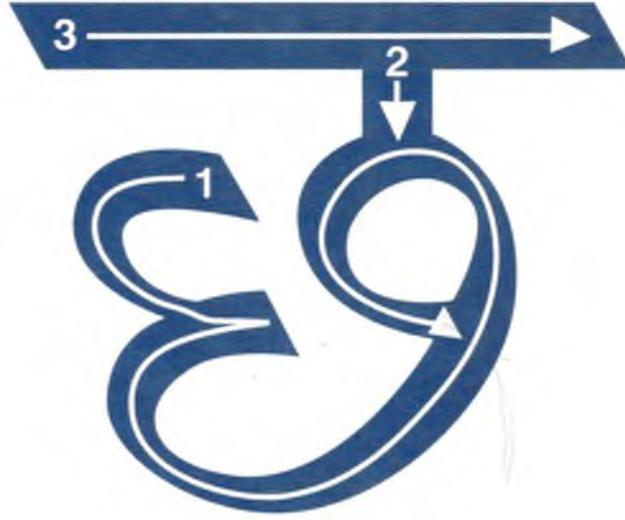
Now write the letter yourself:



After several days, practice writing the letter again:



S. Bhag.
cha = च



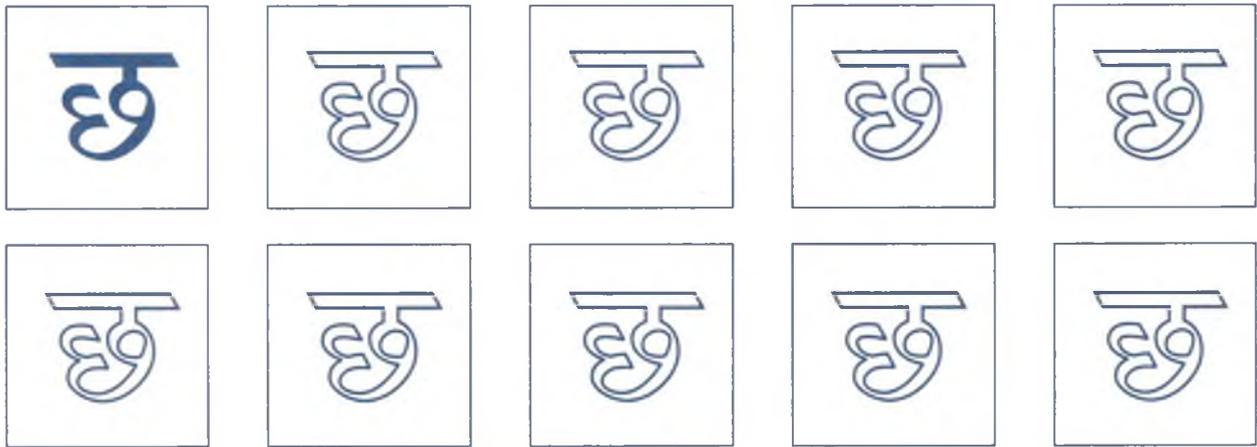
च = cha

ch like the “ch” in charm (using more breath)

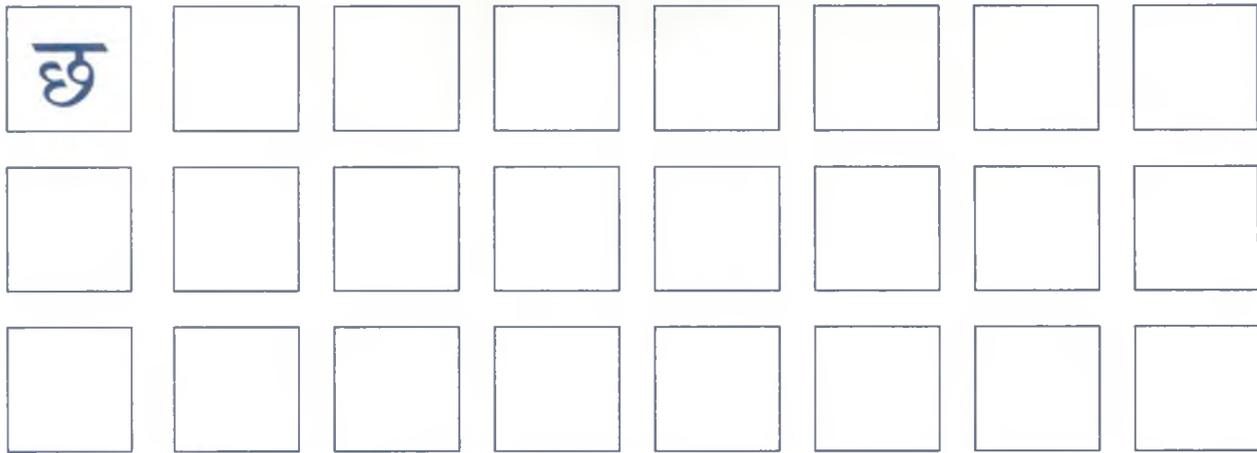
For example: **chāya**

Pronounce this letter several times.

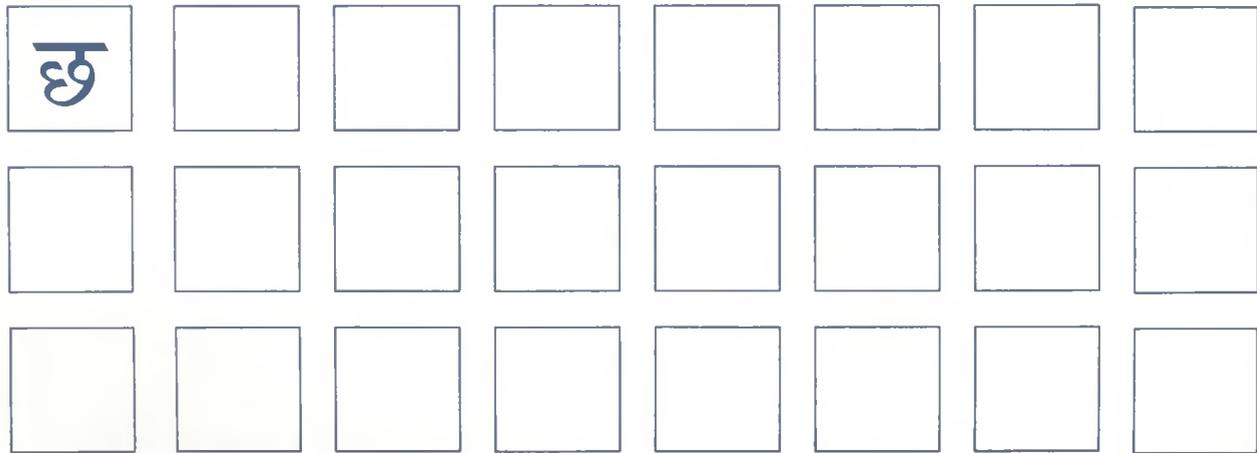
Now trace the letter:



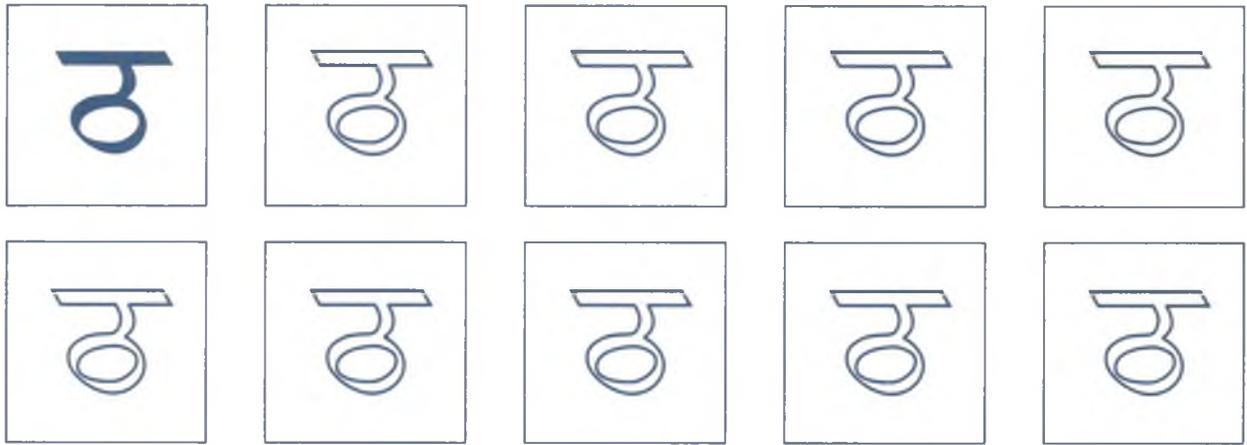
Now write the letter yourself:



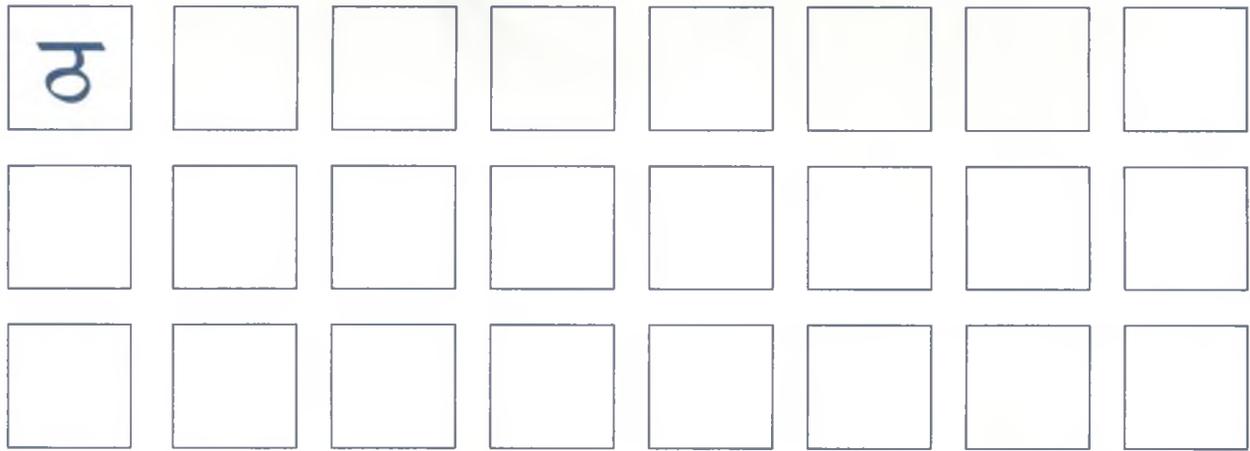
After several days, practice writing the letter again:



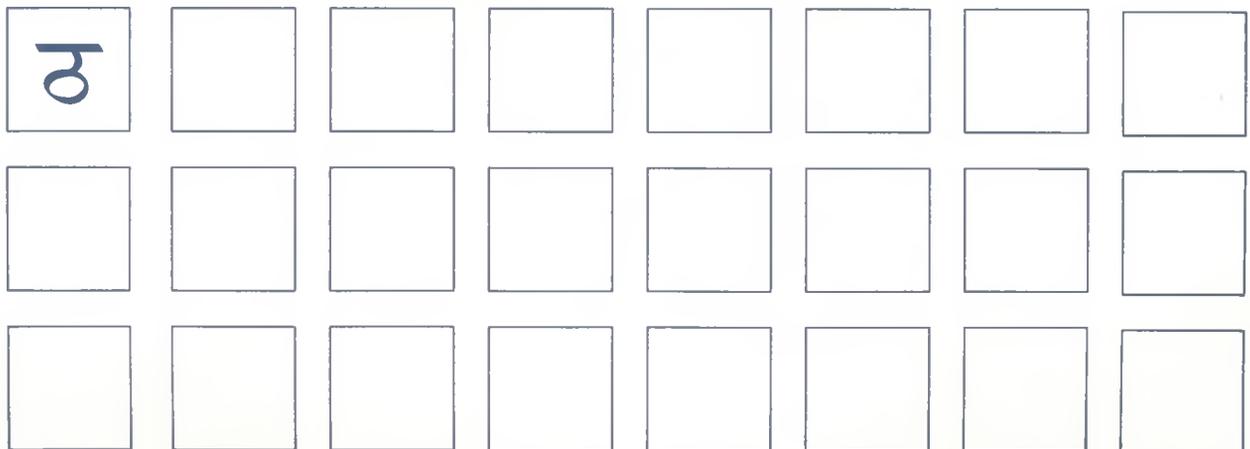
Now trace the letter:

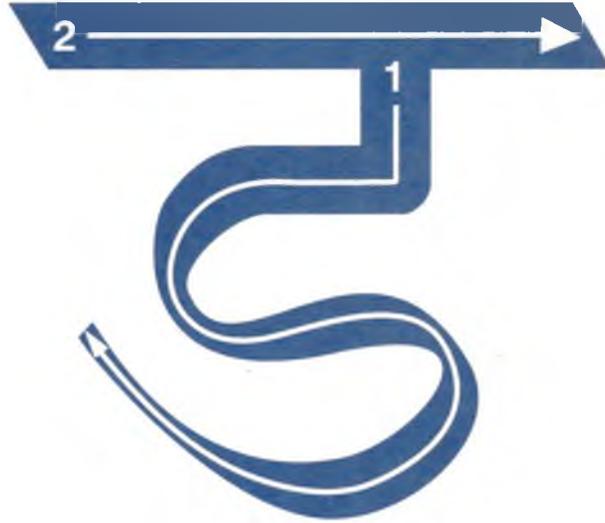


Now write the letter yourself:



After several days, practice writing the letter again:





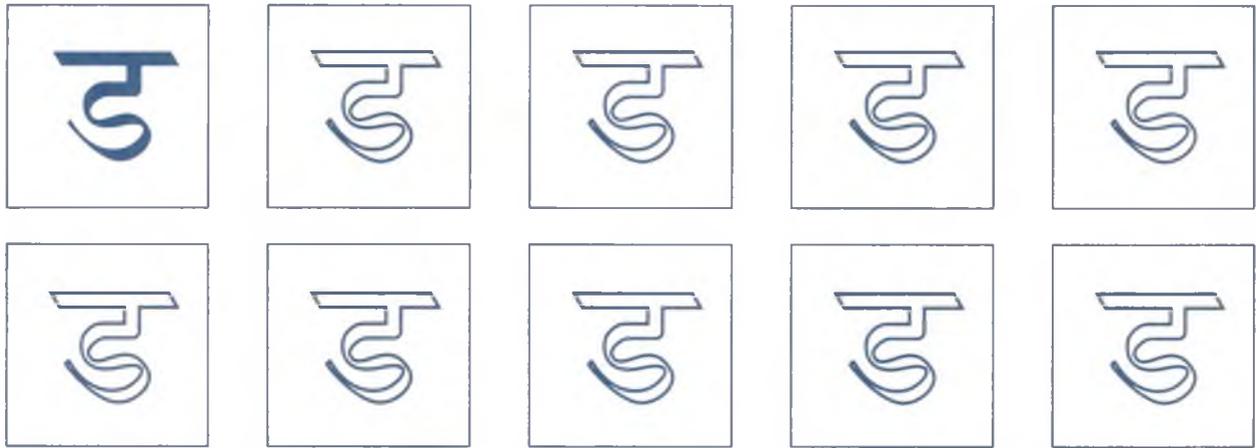
द = ḍa

ḍ like the “d” in dynamic
(tongue touching hard palate)

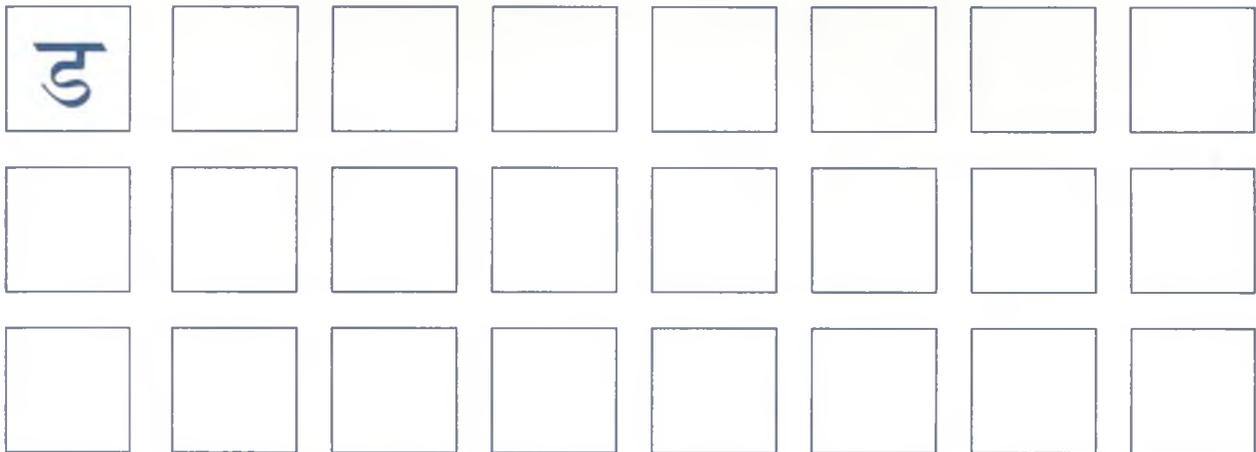
For example: paṇḍit

Pronounce this letter several times.

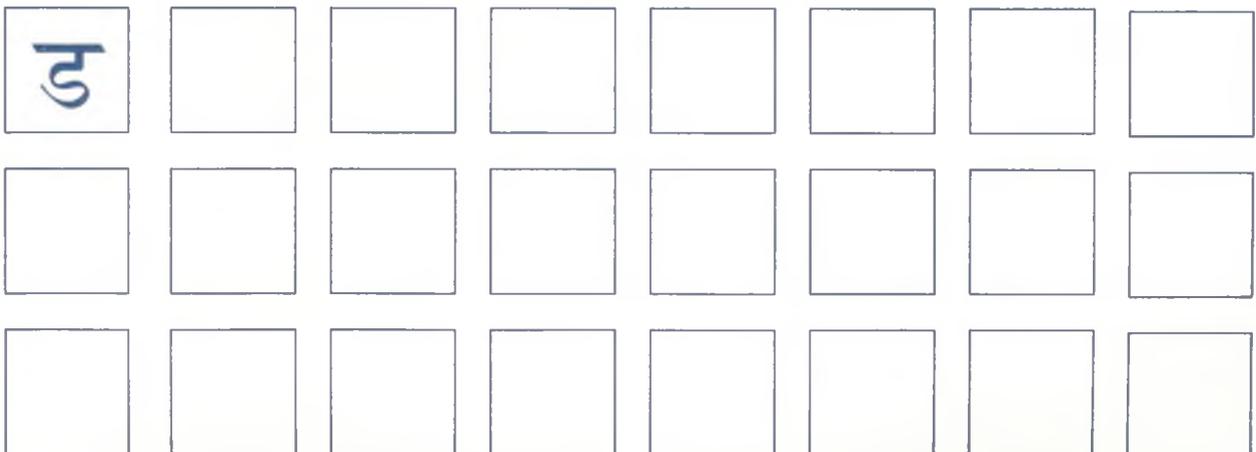
Now trace the letter:

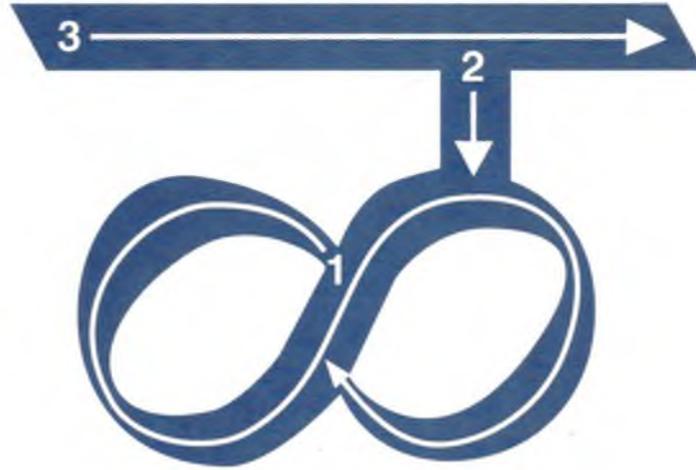


Now write the letter yourself:



After several days, practice writing the letter again:





ल = la

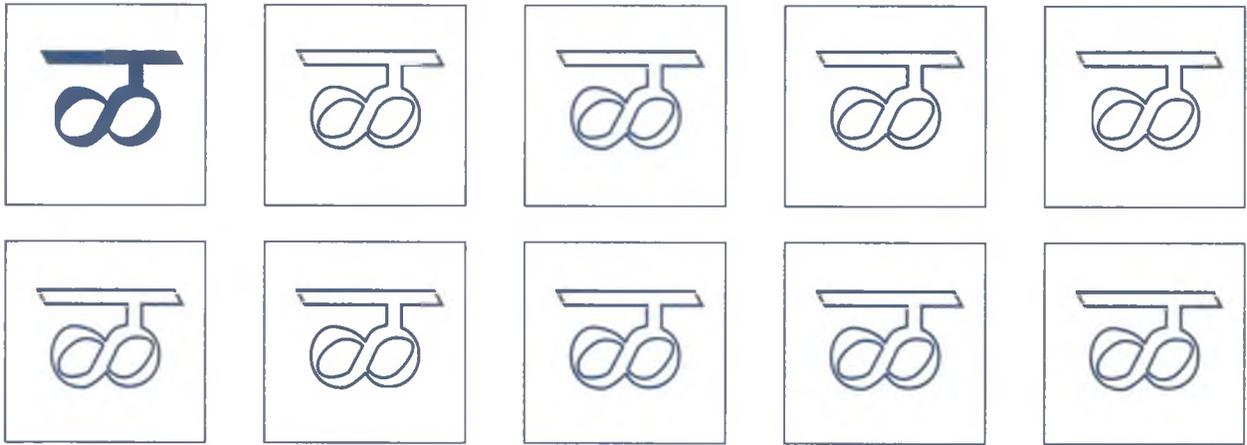
ḷ like the “l” in lake
(tongue touching hard palate)

For example: agnim̄ ḷe

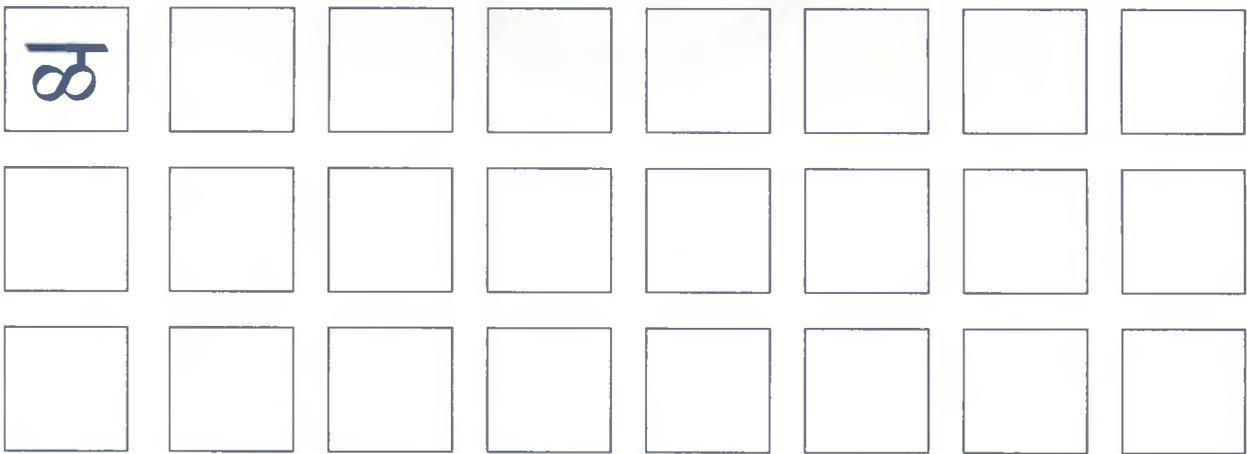
If the **ḍa** occurs between two vowels in the Ved, then the **ḍa** becomes **la**.

Pronounce this letter several times.

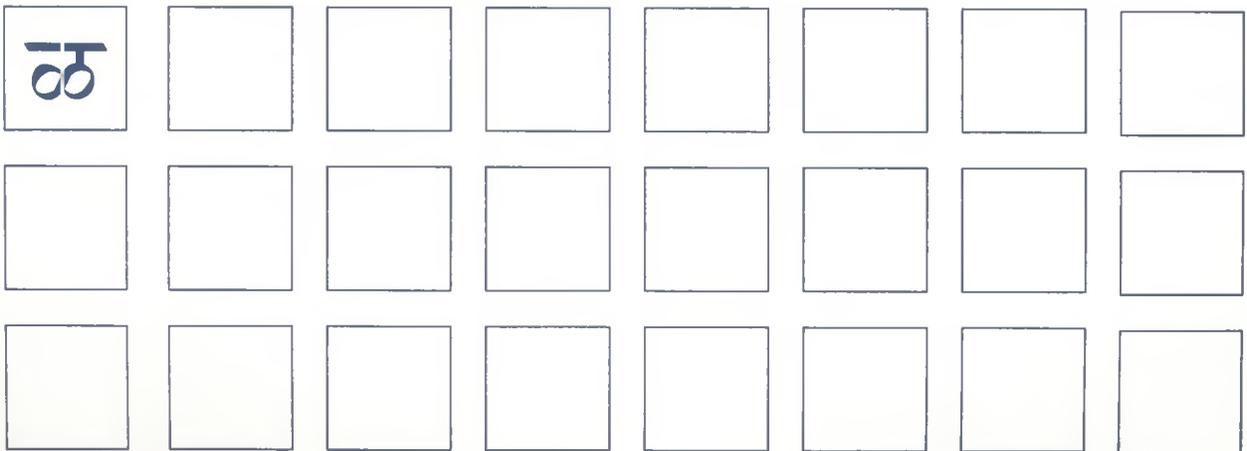
Now trace the letter:

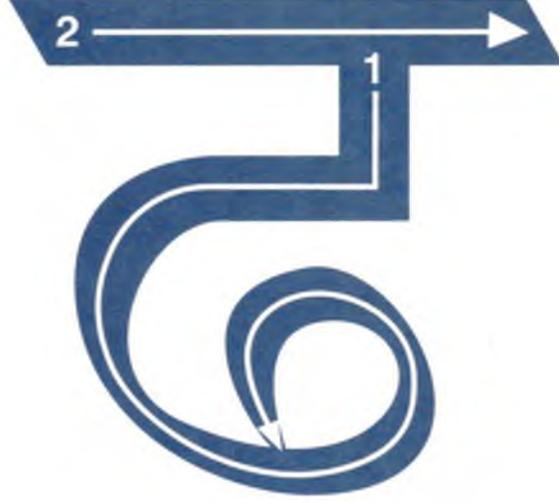


Now write the letter yourself:



After several days, practice writing the letter again:





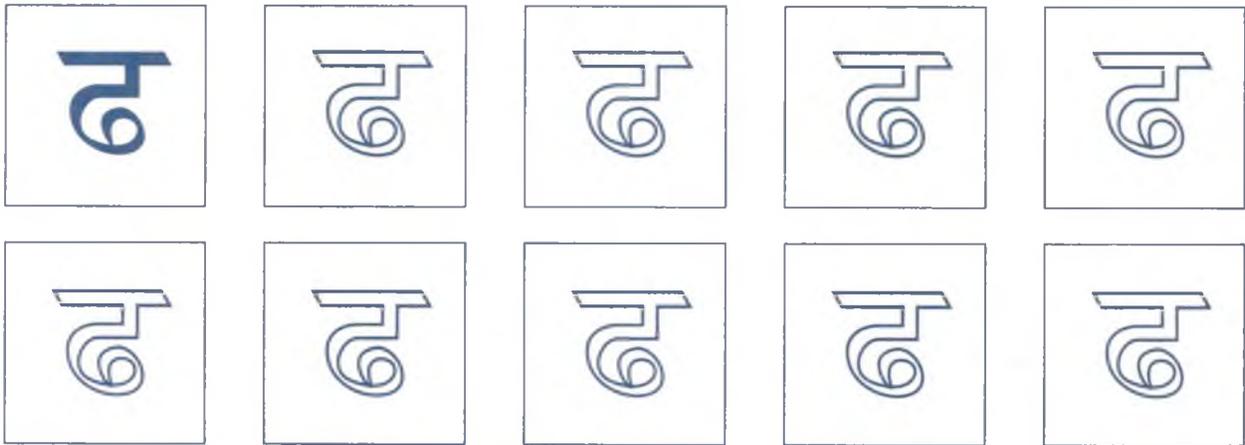
ढ = dha

ḍh like the “dh” in redhead
(tongue touching hard palate)

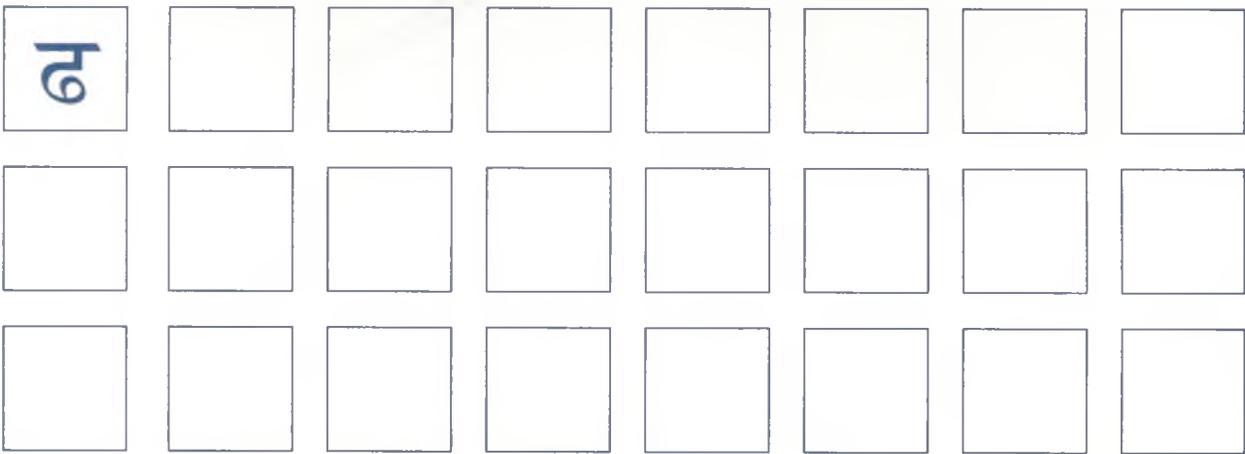
For example: **vyūḍham**

Pronounce this letter several times.

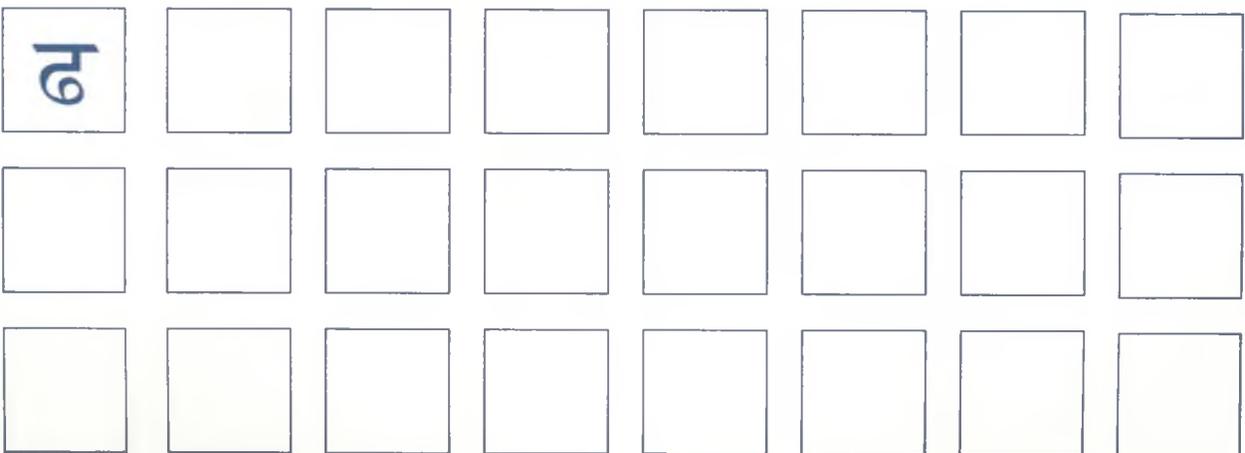
Now trace the letter:



Now write the letter yourself:



After several days, practice writing the letter again:





लह = लहा

लह like the “l” in lake

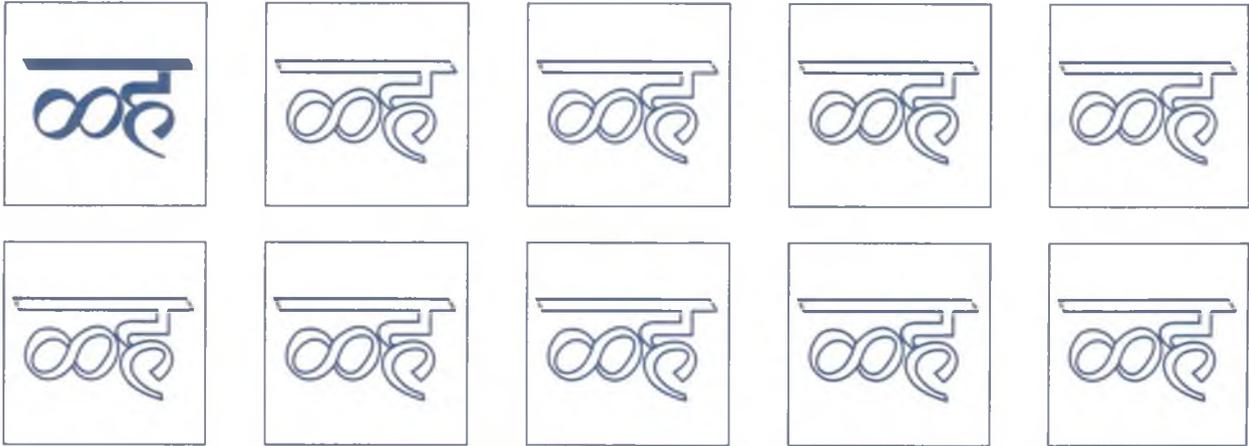
(tongue touching hard palate, using more breath)

For example: अलहा

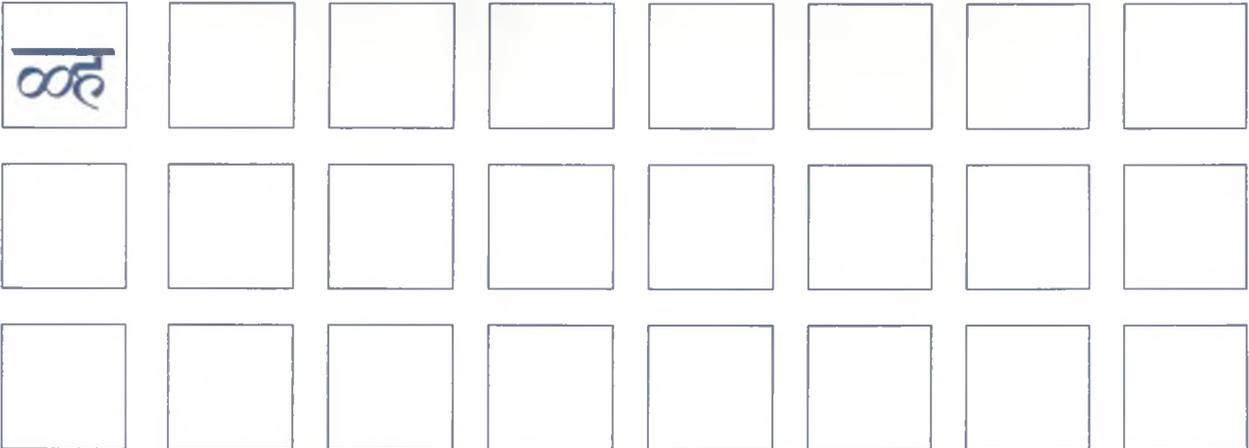
If the लहा occurs between two vowels in the Ved, then the लहा becomes लहा.

Pronounce this letter several times.

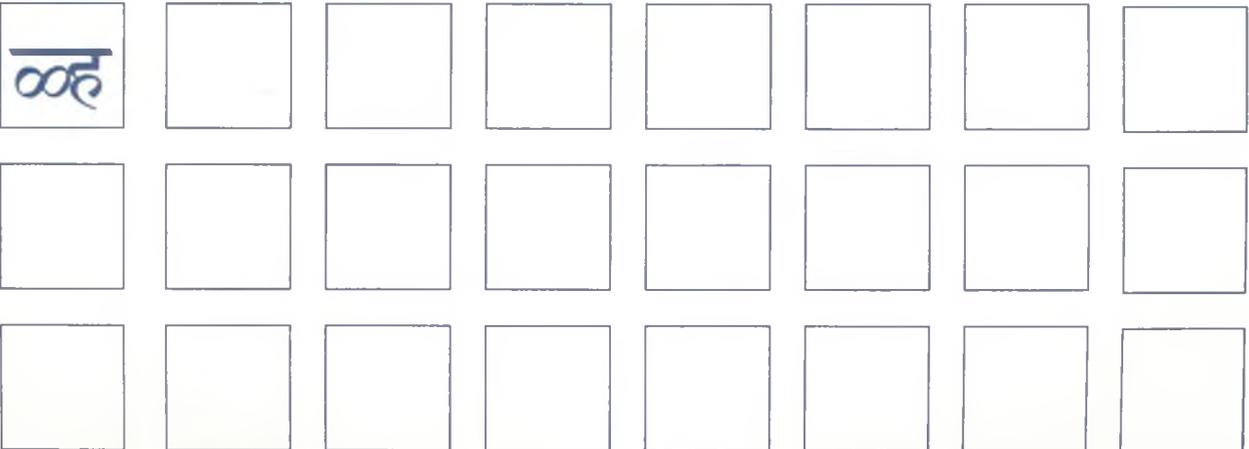
Now trace the letter:

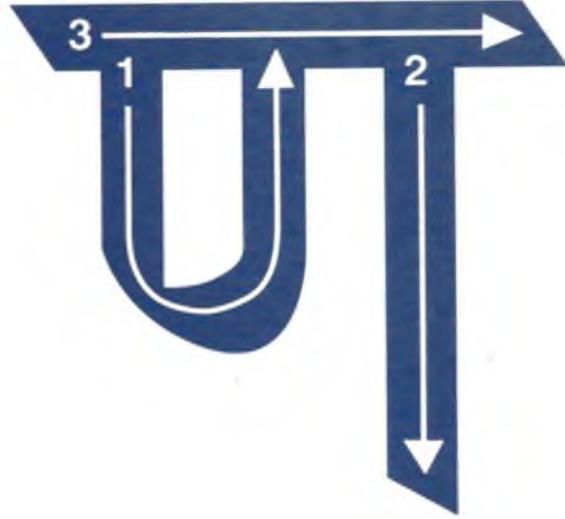


Now write the letter yourself:



After several days, practice writing the letter again:





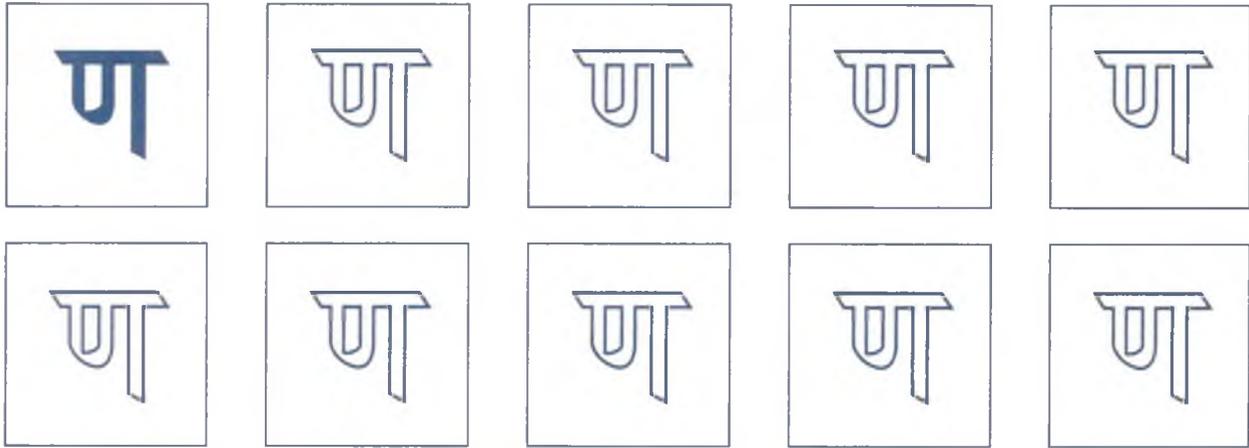
ण = ण

ण like the “n” in gentle
(tongue touching hard palate)

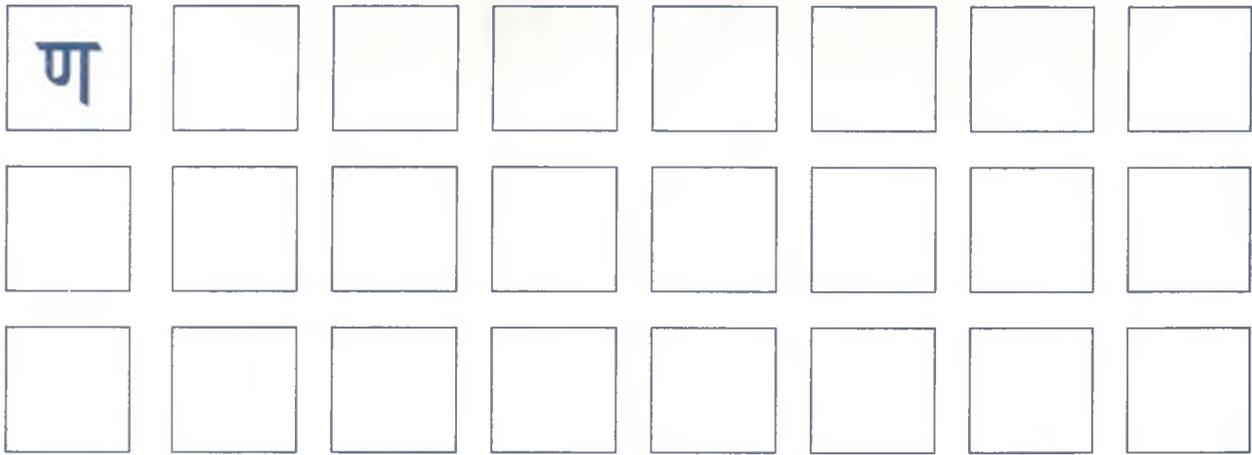
For example: **Paṇḍu**

Pronounce this letter several times.

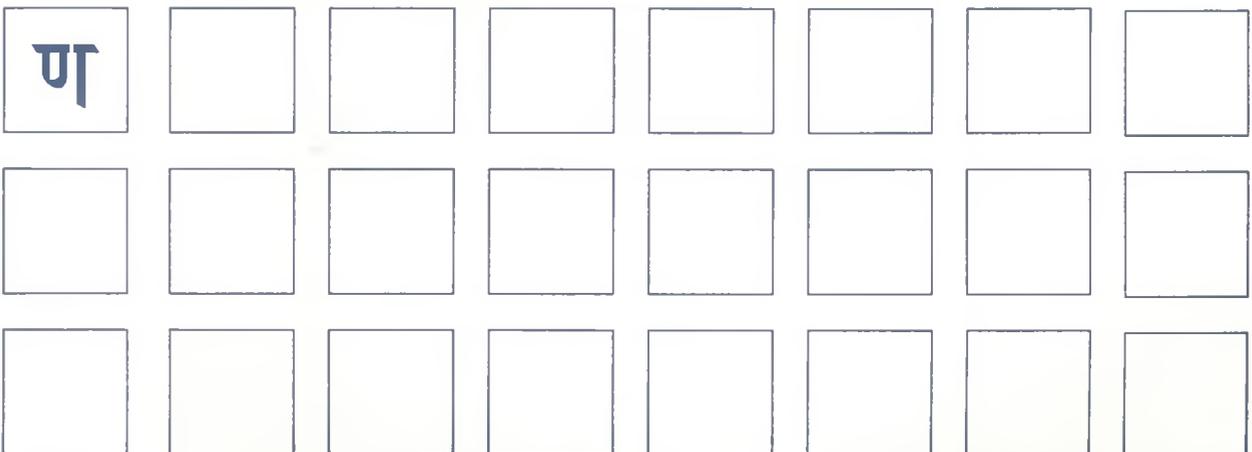
Now trace the letter:

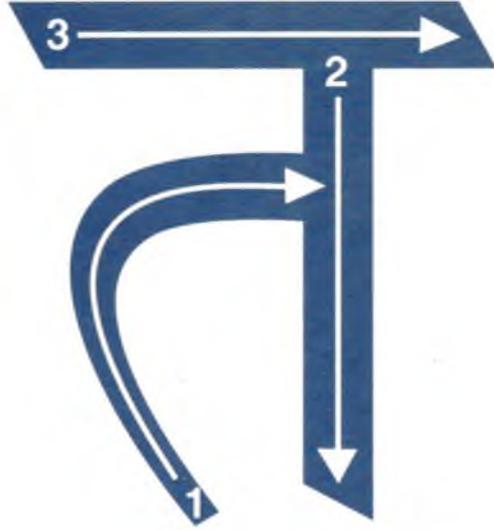


Now write the letter yourself:



After several days, practice writing the letter again:





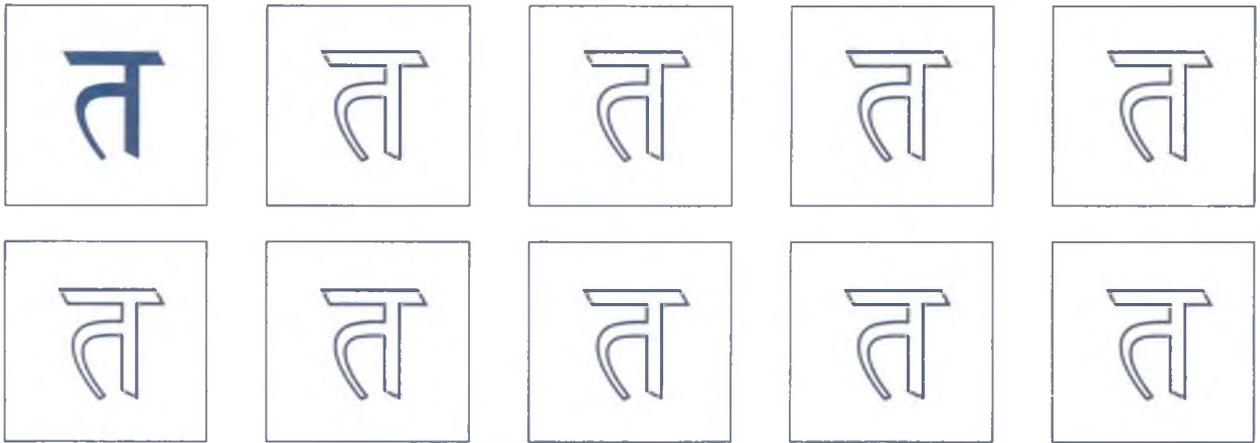
त = ta

t like the “t” in stable
(tongue at base of teeth)

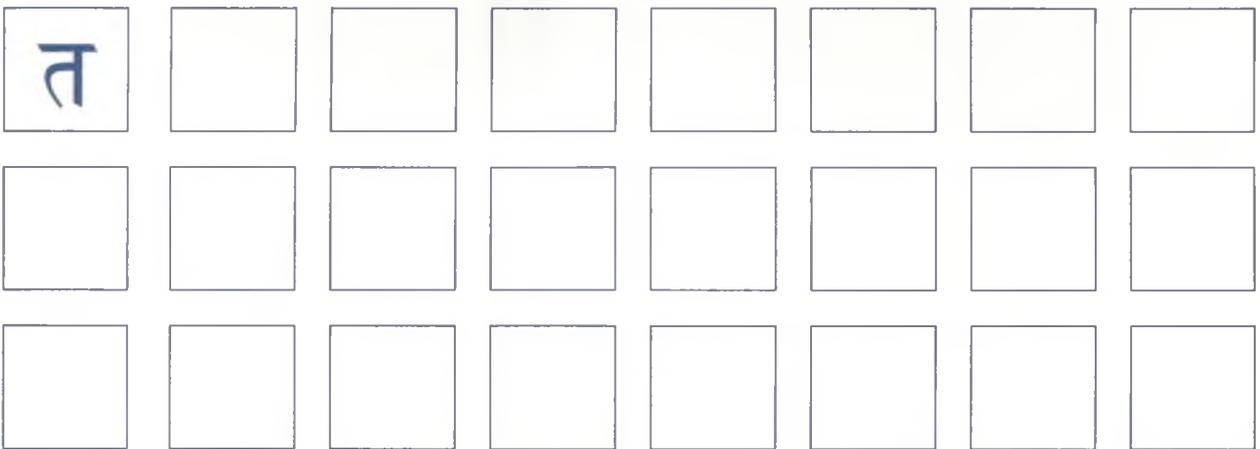
For example: **tat**

Pronounce this letter several times.

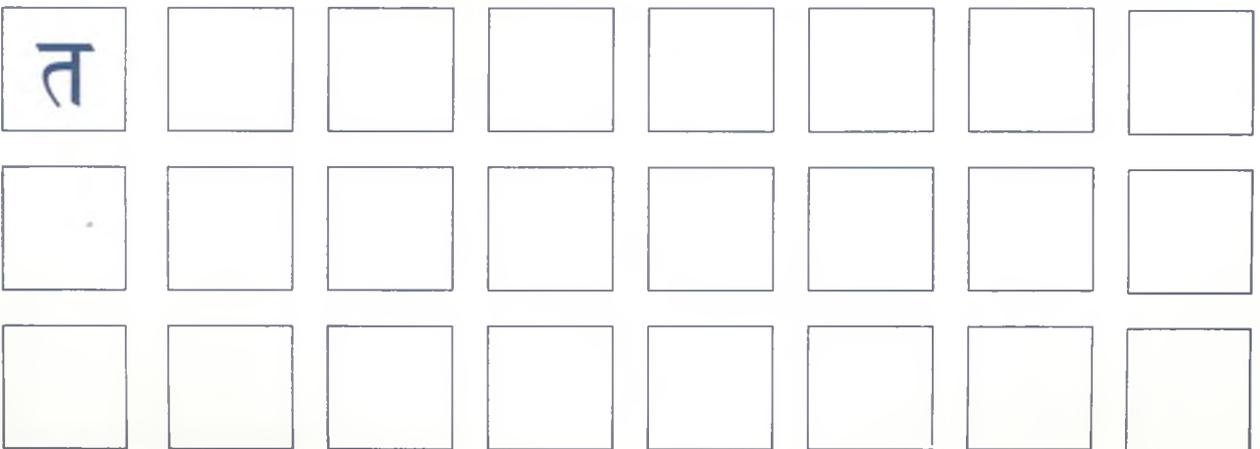
Now trace the letter:

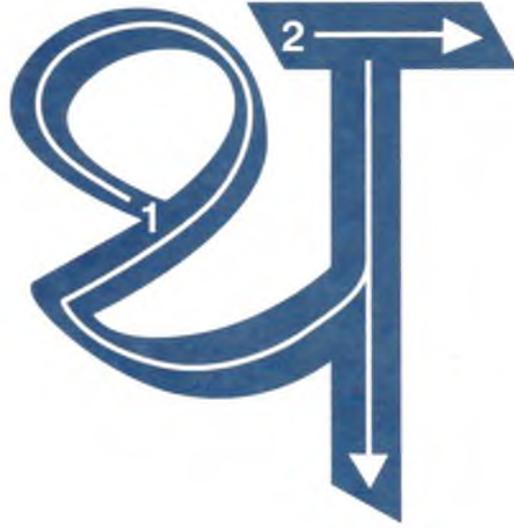


Now write the letter yourself:



After several days, practice writing the letter again:





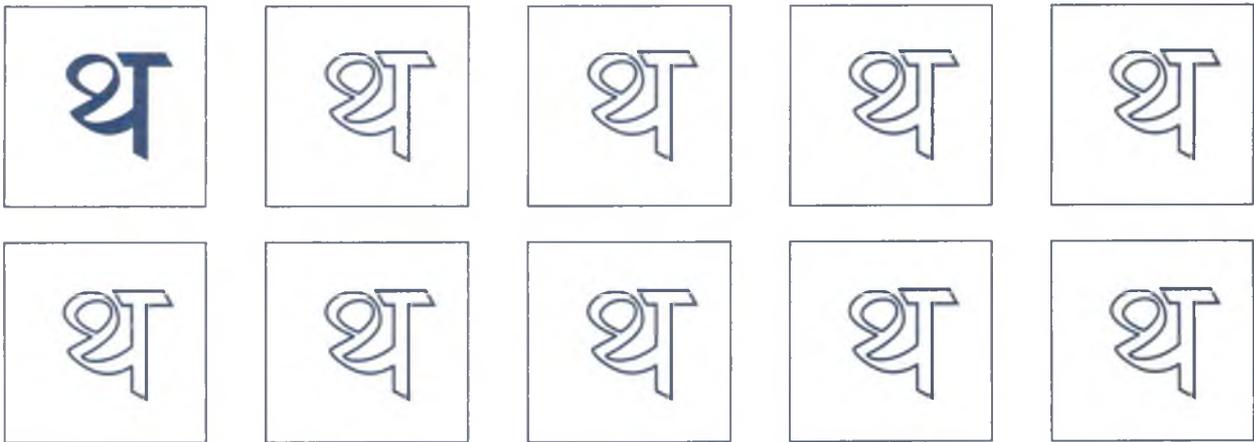
थ = tha

th like the “t” in table
(using more breath, tongue at base of teeth)

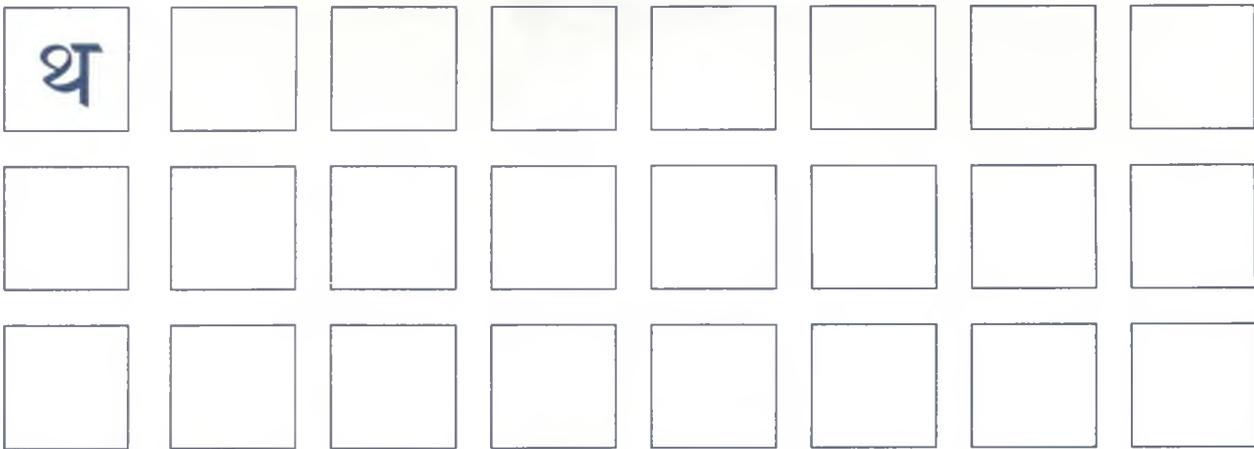
For example: **Sthāpatya**

Pronounce this letter several times.

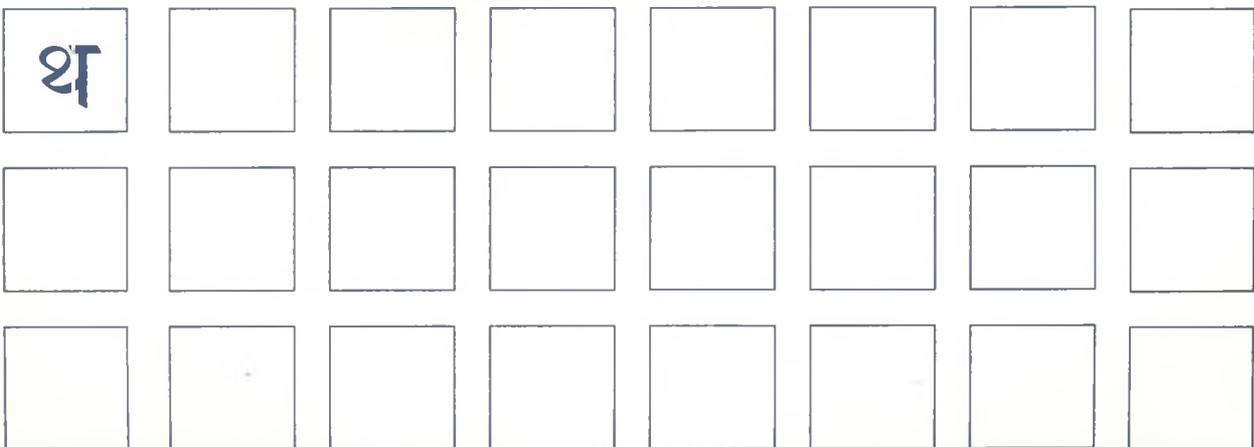
Now trace the letter:



Now write the letter yourself:



After several days, practice writing the letter again:





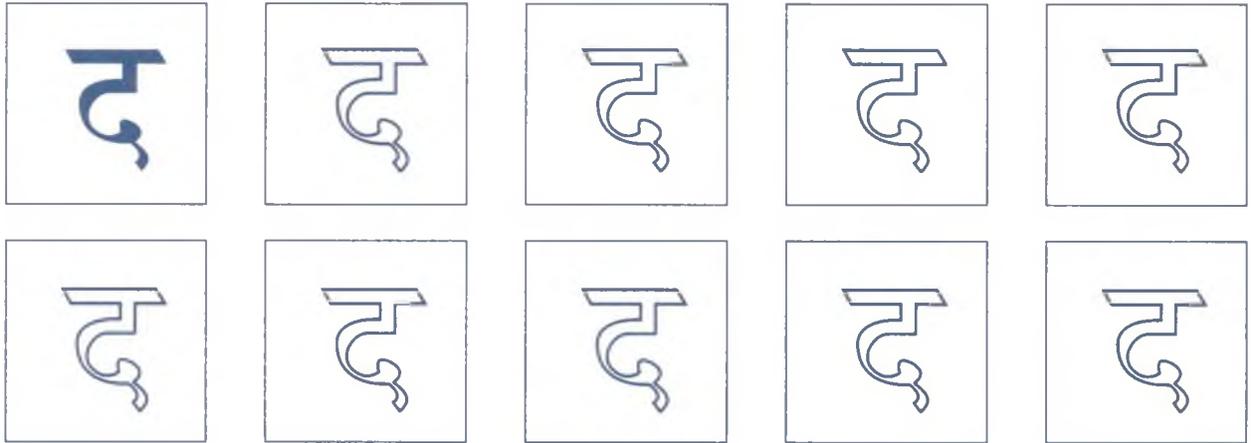
द = da

d like the “d” in dynamic
(tongue at base of teeth)

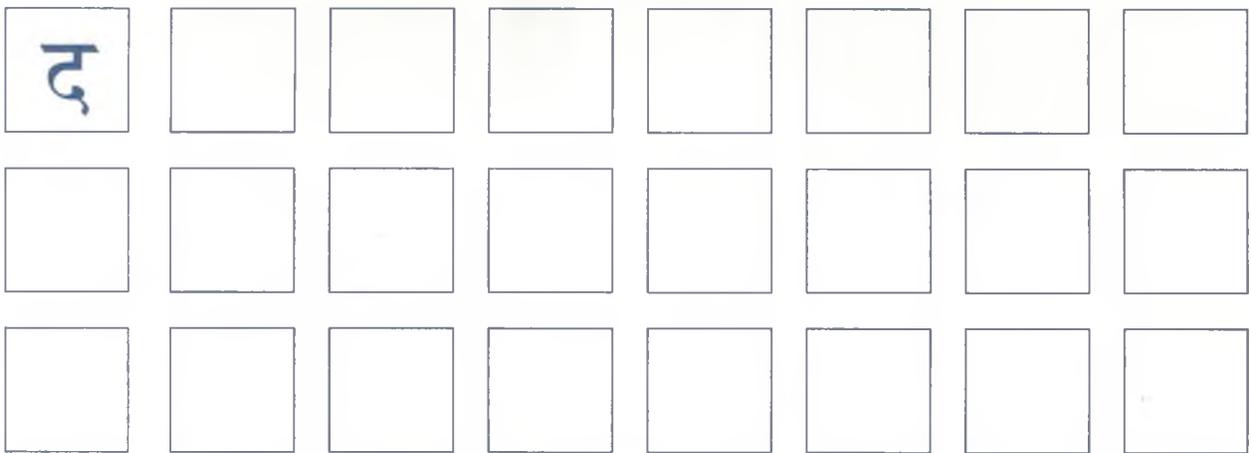
For example: **devatā**

Pronounce this letter several times.

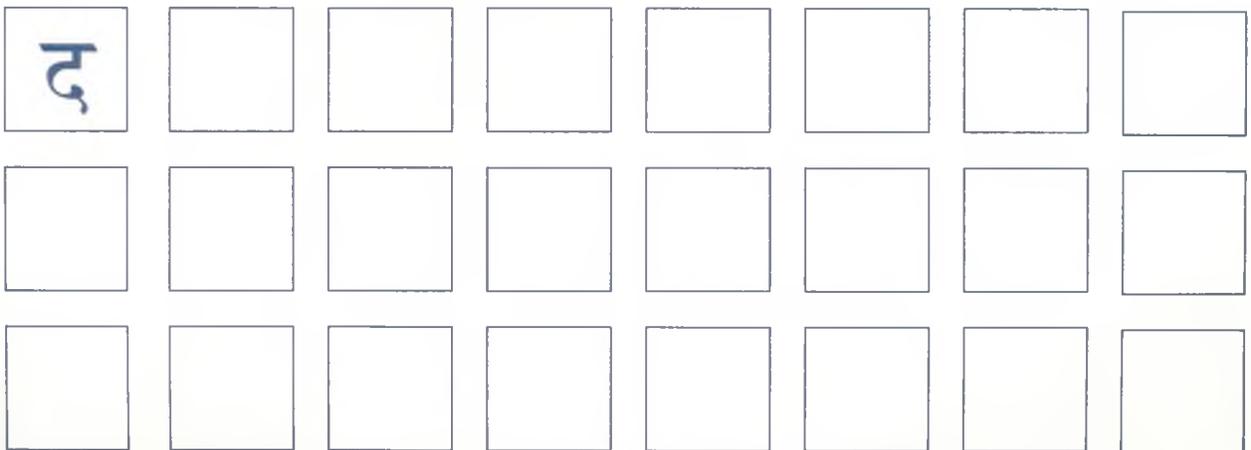
Now trace the letter:

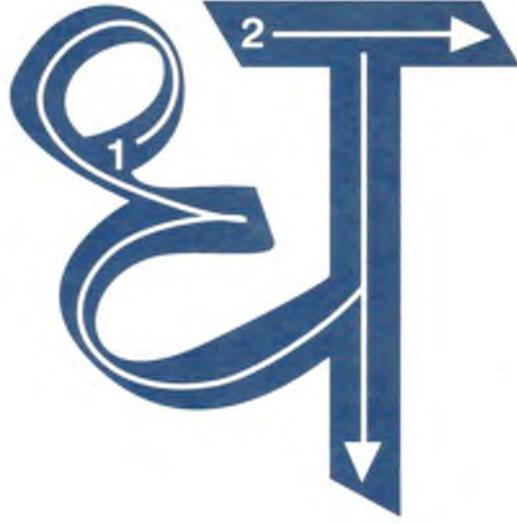


Now write the letter yourself:



After several days, practice writing the letter again:





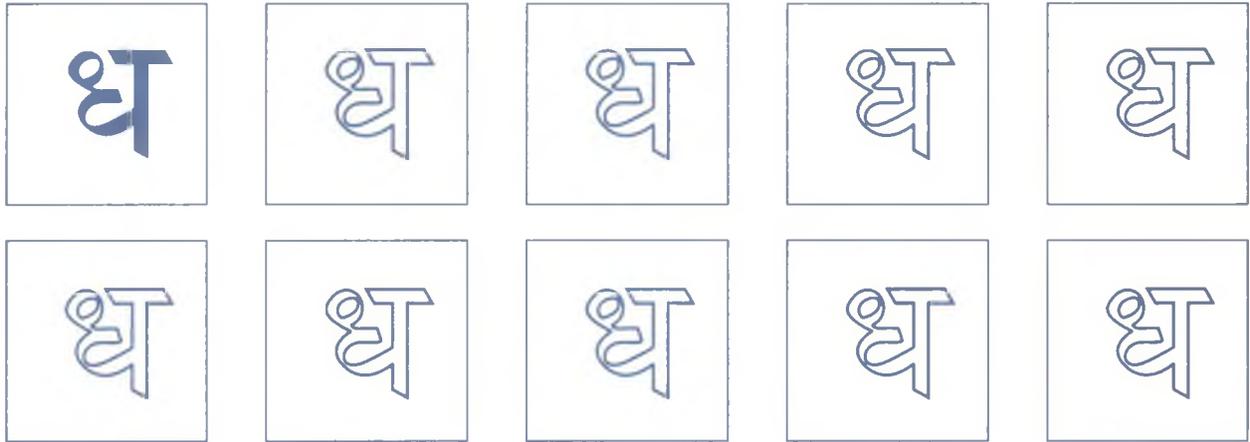
ध = dha

dh like the “dh” in redhead
(tongue at base of teeth)

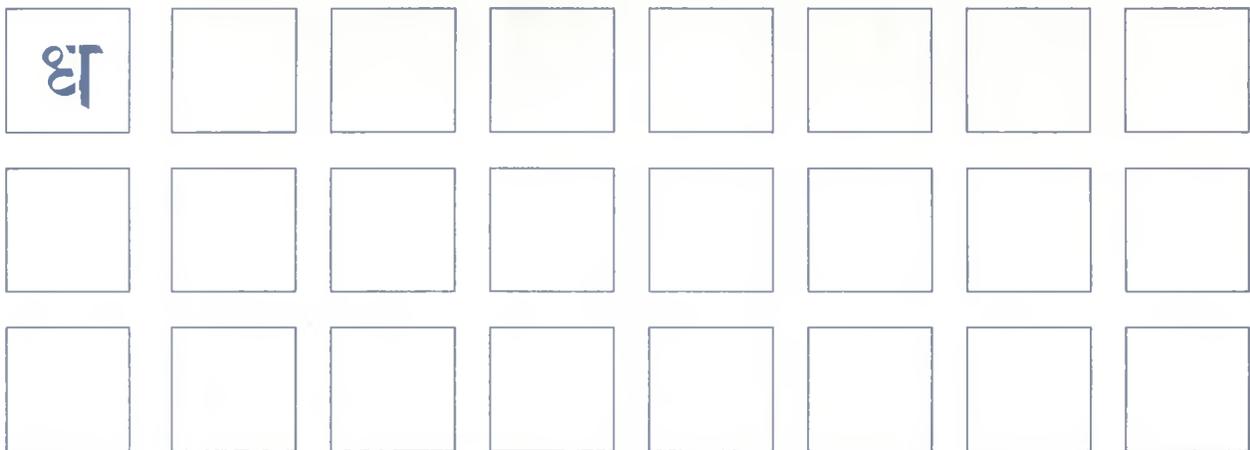
For example: **dhātu**

Pronounce this letter several times.

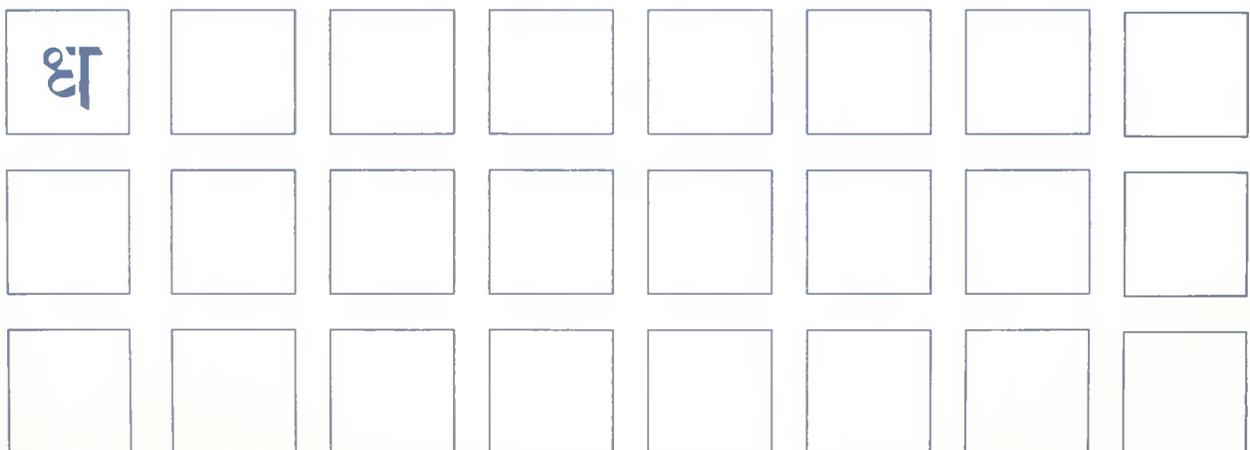
Now trace the letter:

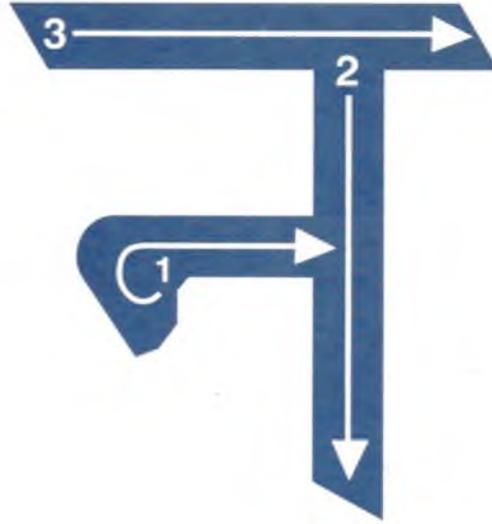


Now write the letter yourself:



After several days, practice writing the letter again:





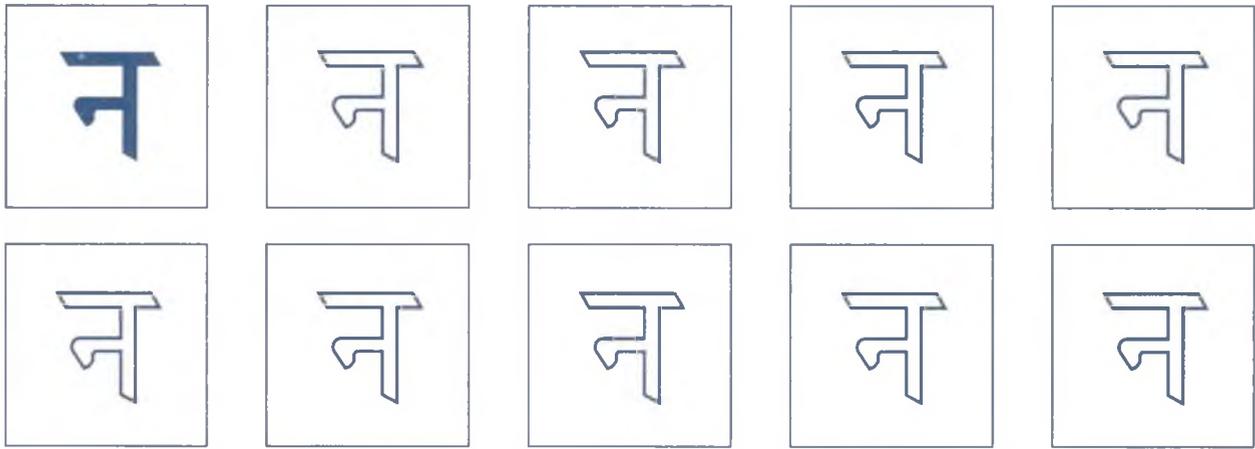
न = na

n like the “n” in gentle
(tongue at base of teeth)

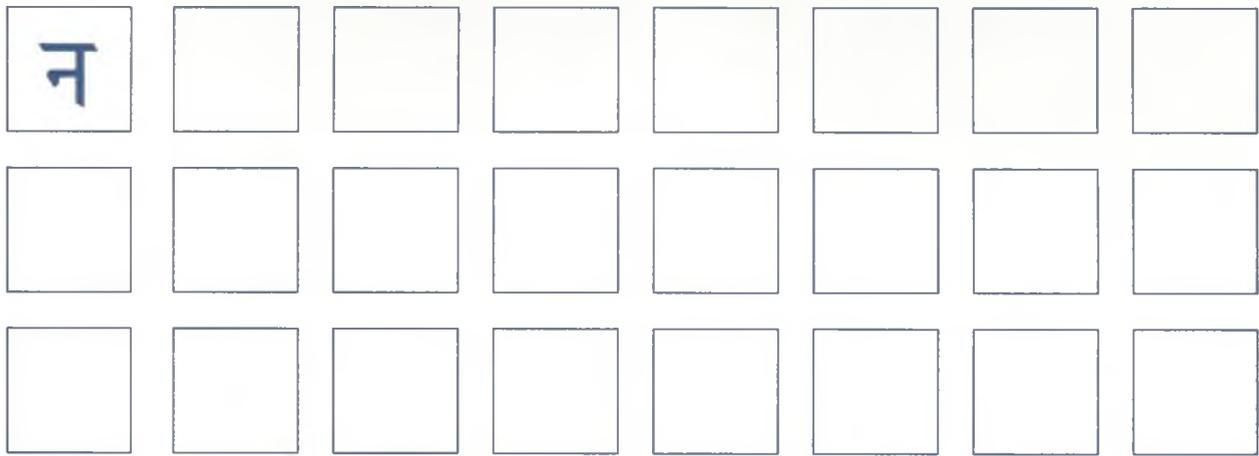
For example: **namaste**

Pronounce this letter several times.

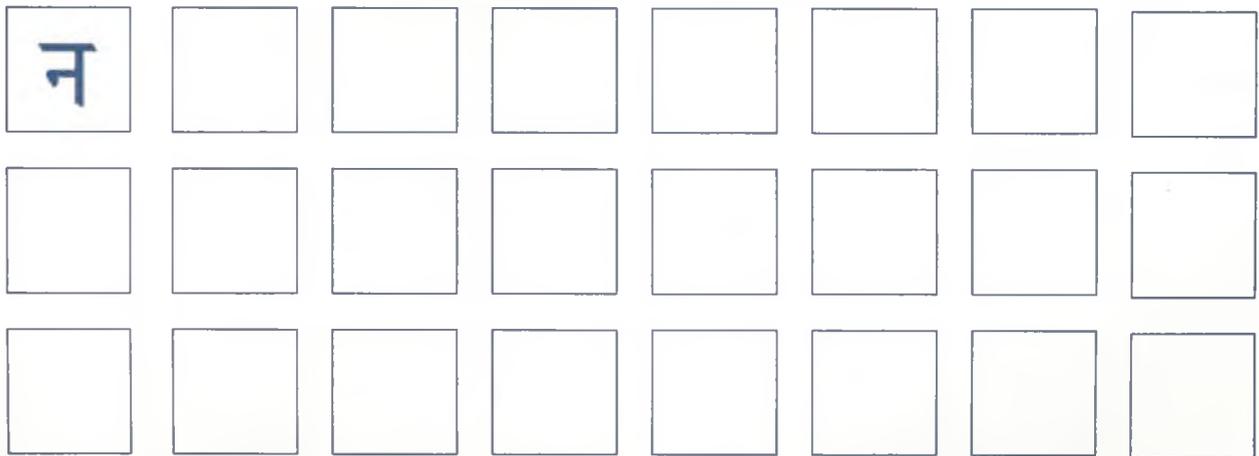
Now trace the letter:



Now write the letter yourself:



After several days, practice writing the letter again:





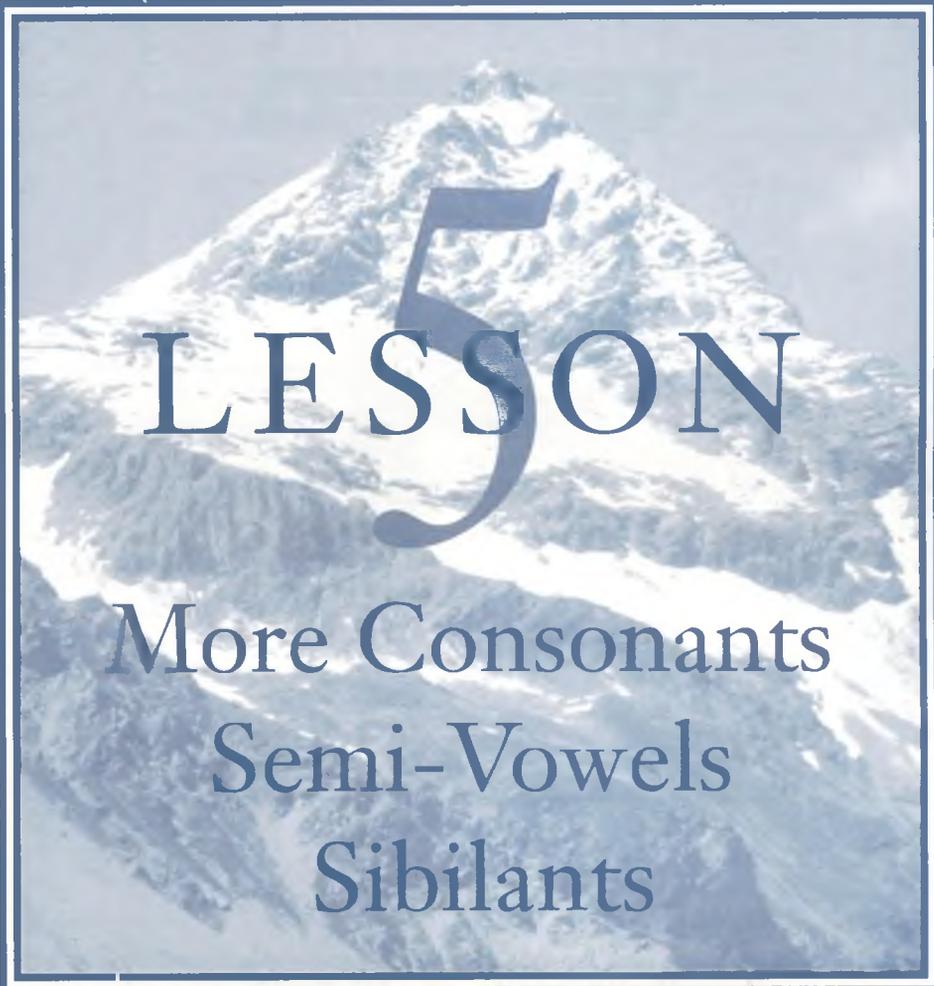
REVIEW

Pronounce the following letters:

	A	B	C	D	E	F
1	ढ	थ	ध	ठ	क	न
2	च	अ	ज	ई	ऋ	ट
3	त	थ	ए	ओ	द	ढ
4	ध	घ	छ	भ	ऊ	ऋ
5	द	त	थ	लृ	ण	ट
6	ण	न	औ	थ	ज	ऋ

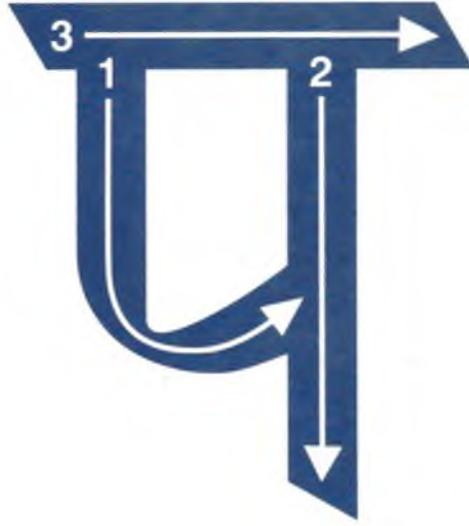
Answers:

	A	B	C	D	E	F
①	ḍha	tha	dha	ṭha	ka	na
②	ca	a	ja	ī	ṛ	ṭa
③	ta	tha	e	o	da	ḍha
④	dha	gha	cha	jha	ū	ṛ
⑤	da	ta	tha	ḷ	ṇa	ṭa
⑥	ṇa	na	au	tha	ja	ṛ



5 LESSON

More Consonants
Semi-Vowels
Sibilants



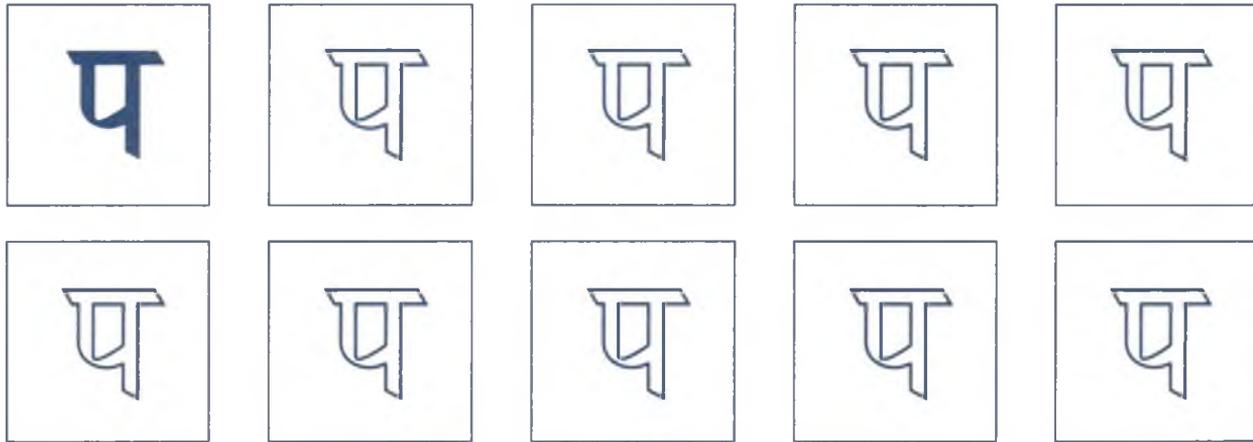
प = pa

प like the “p” in spin

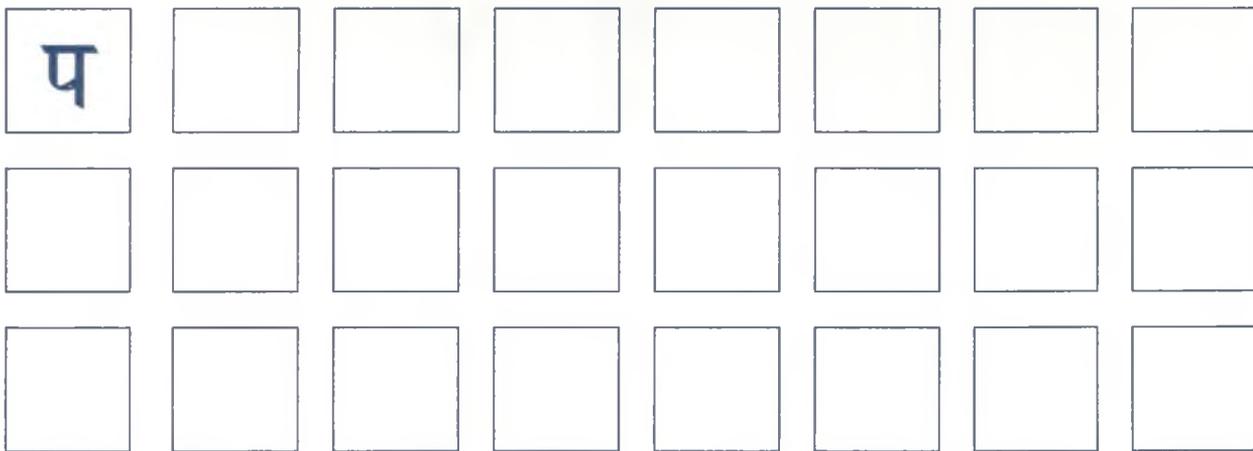
For example: **Patañjali**

Pronounce this letter several times.

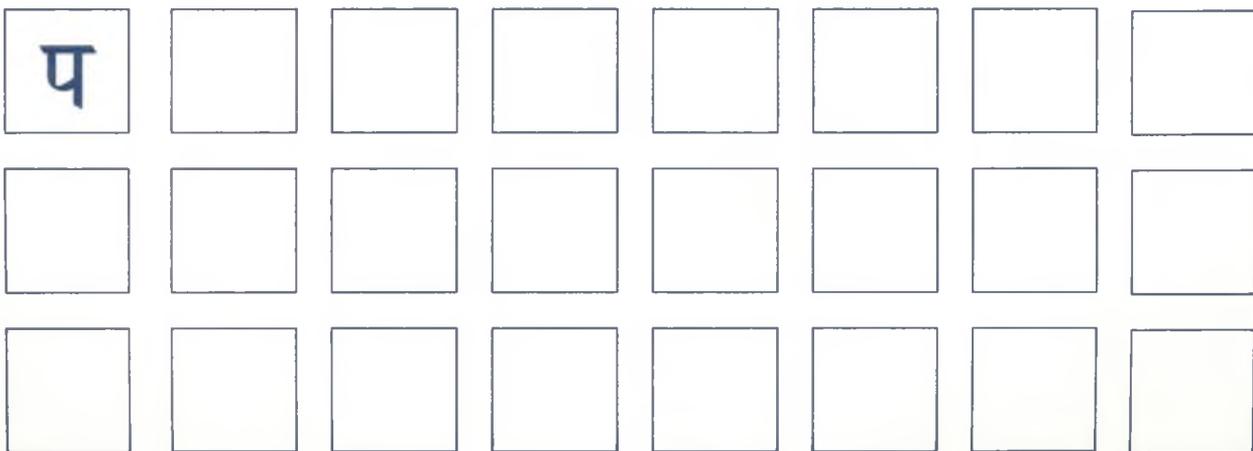
Now trace the letter:

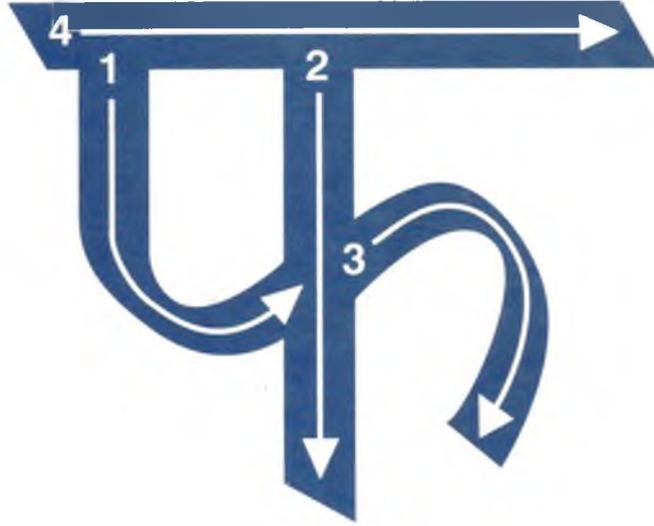


Now write the letter yourself:



After several days, practice writing the letter again:





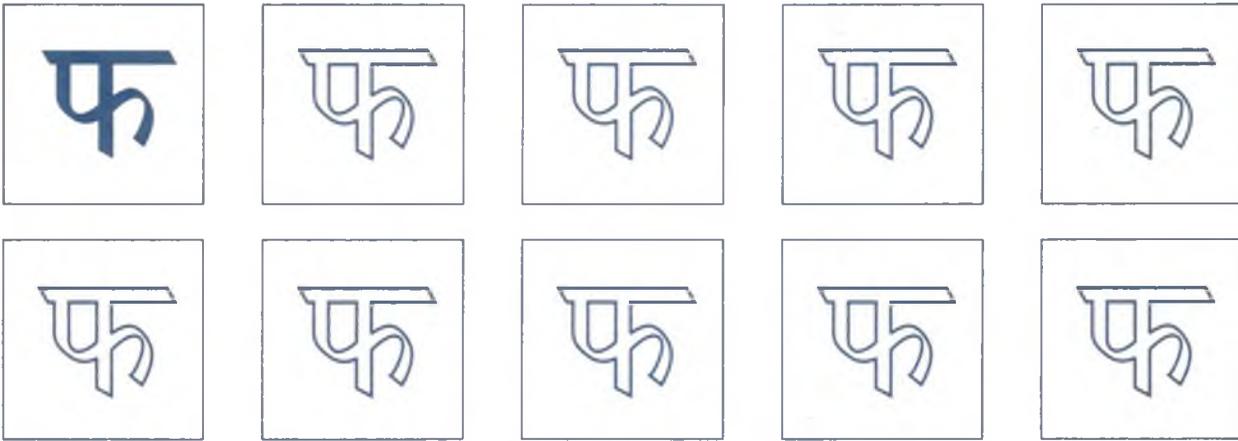
फ = ph

ph like the “ph” in shepherd

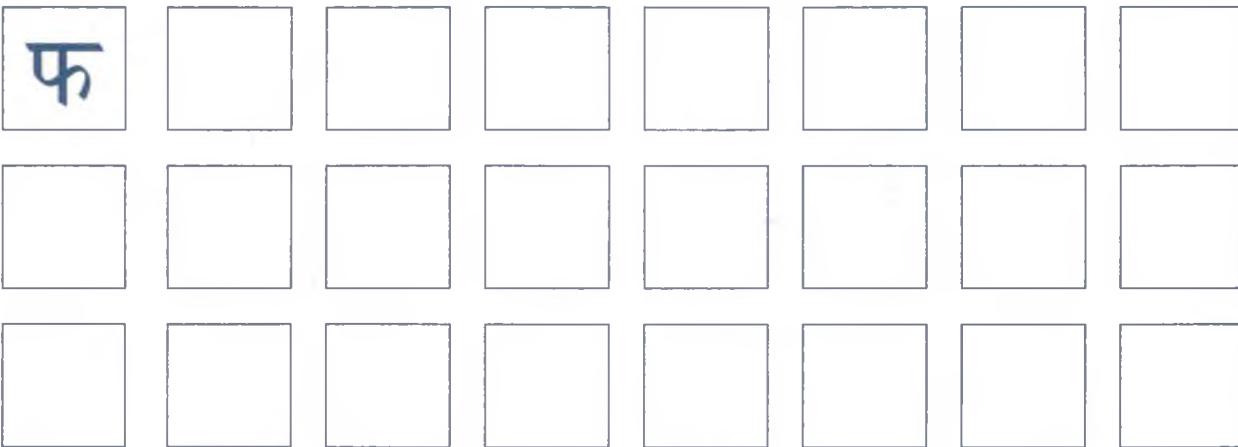
For example: **phalam**

Pronounce this letter several times.

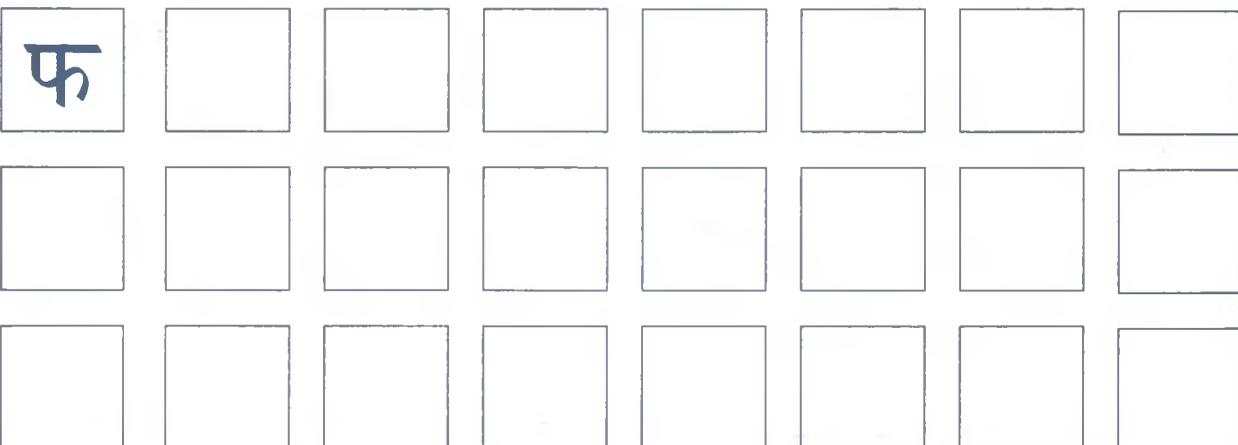
Now trace the letter:

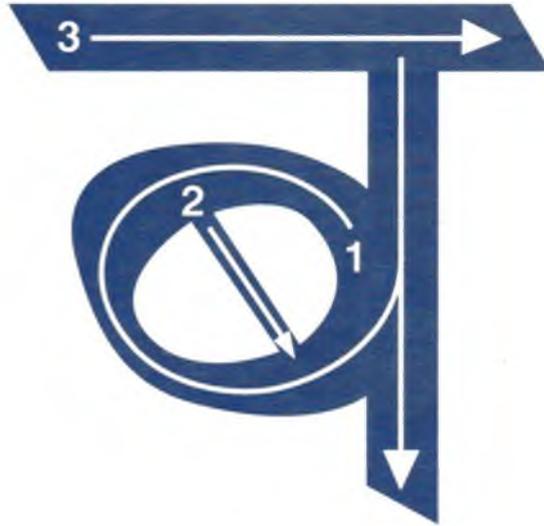


Now write the letter yourself:



After several days, practice writing the letter again:





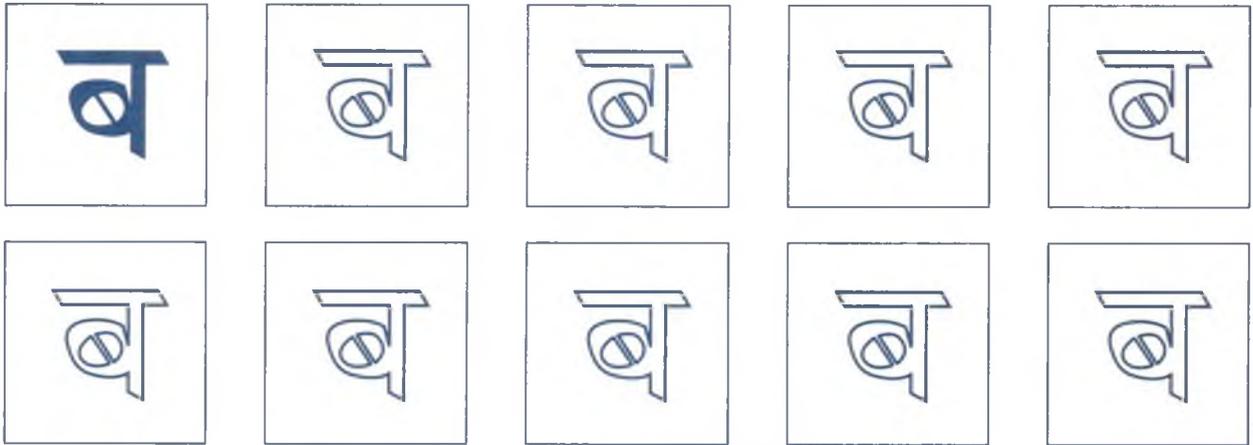
ब = ba

b like the “b” in beautiful

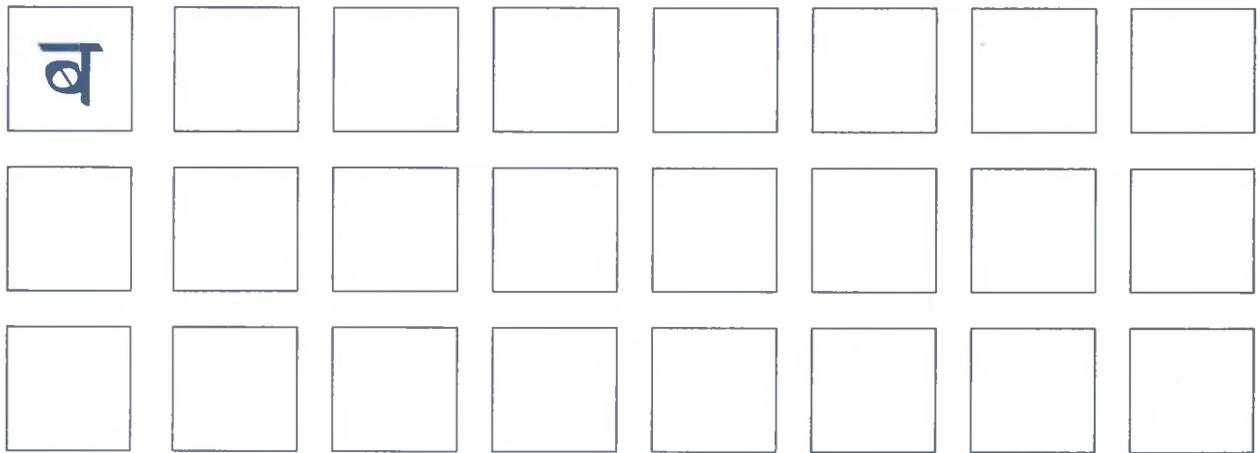
For example: **buddhi**

Pronounce this letter several times.

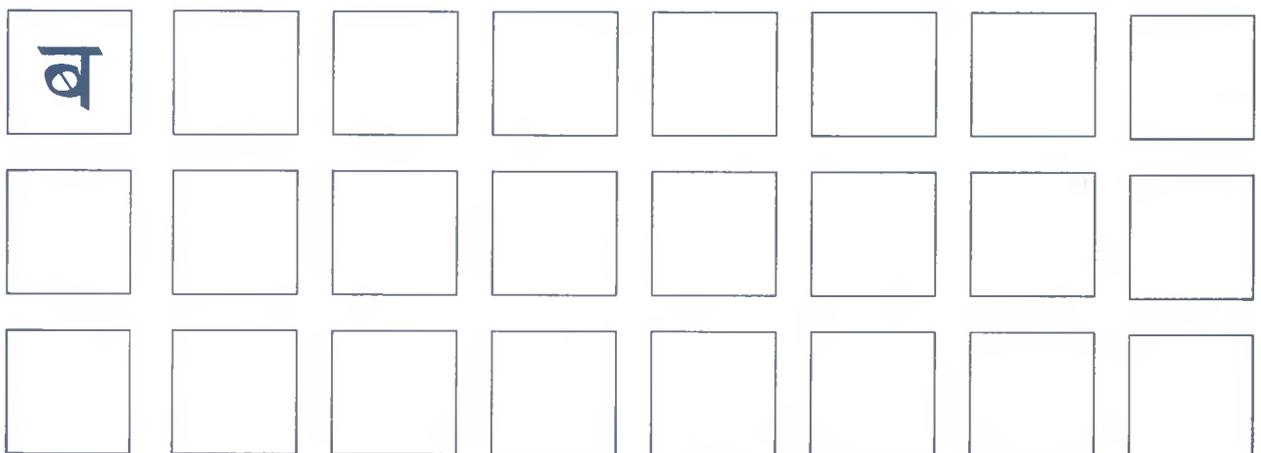
Now trace the letter:

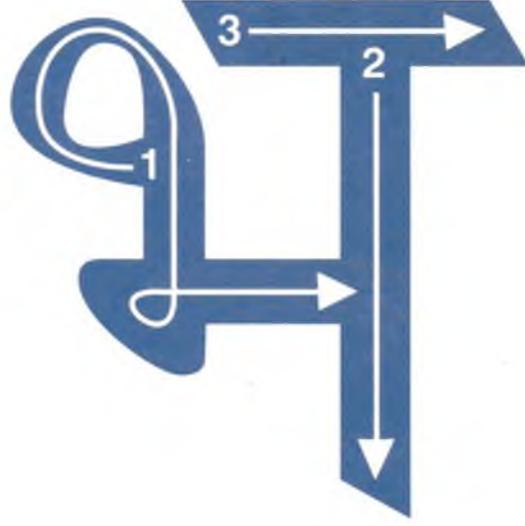


Now write the letter yourself:



After several days, practice writing the letter again:





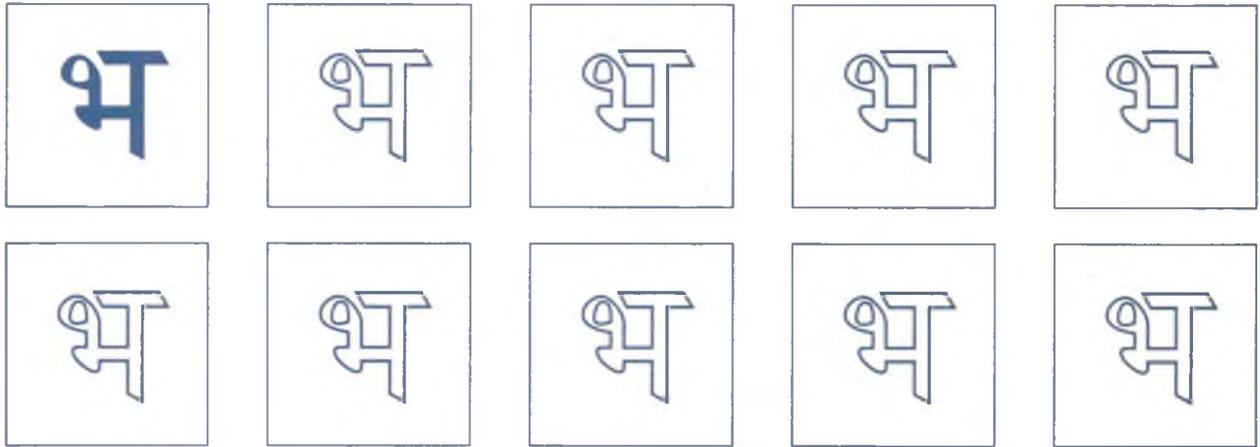
भा = bha

bh like the “bh” in clubhouse

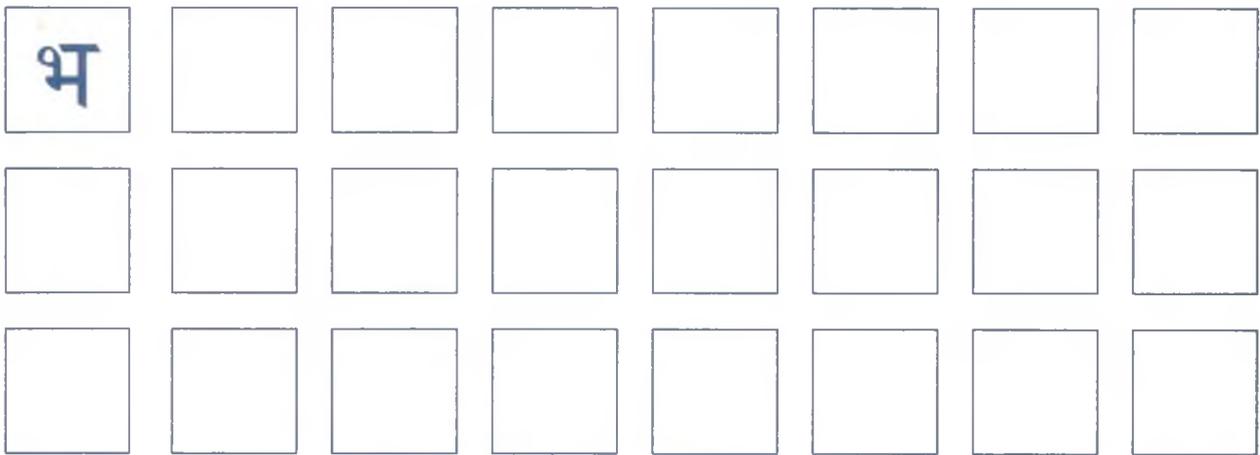
For example: **Bhagavad**

Pronounce this letter several times.

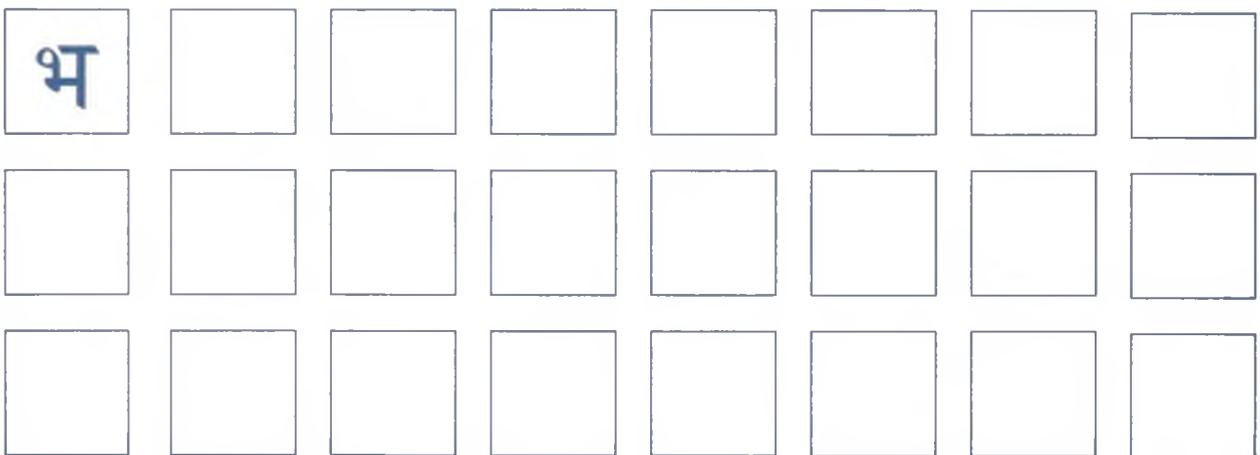
Now trace the letter:

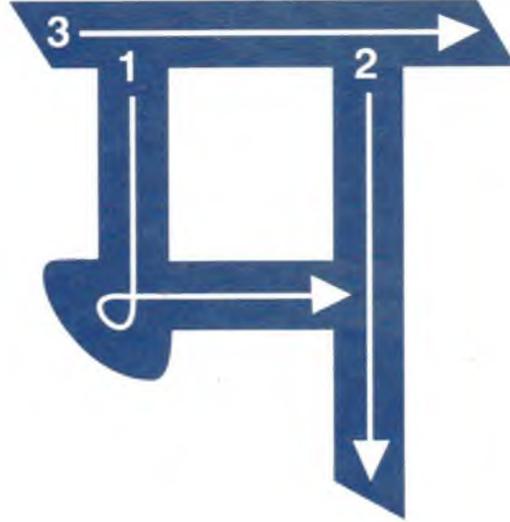


Now write the letter yourself:



After several days, practice writing the letter again:





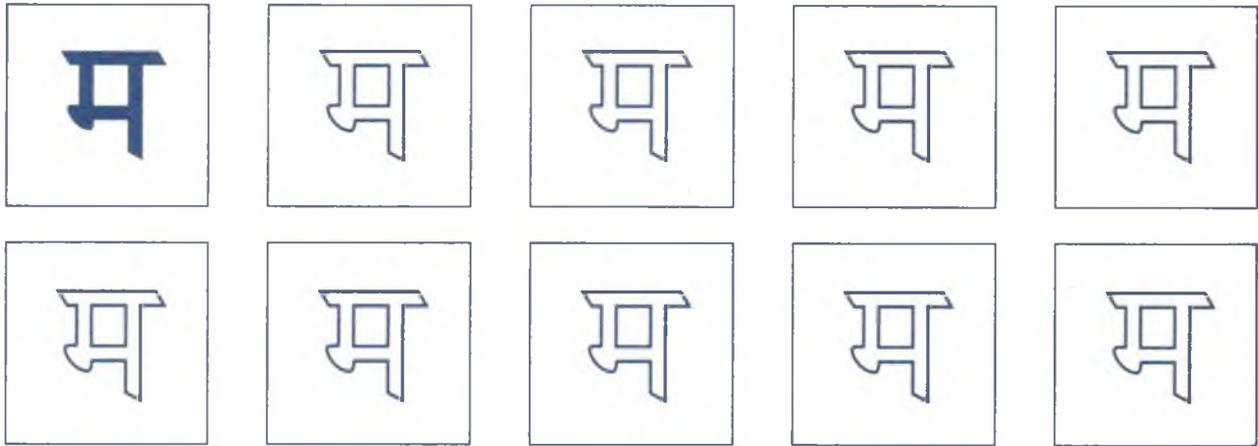
म = ma

m like the “m” in mother

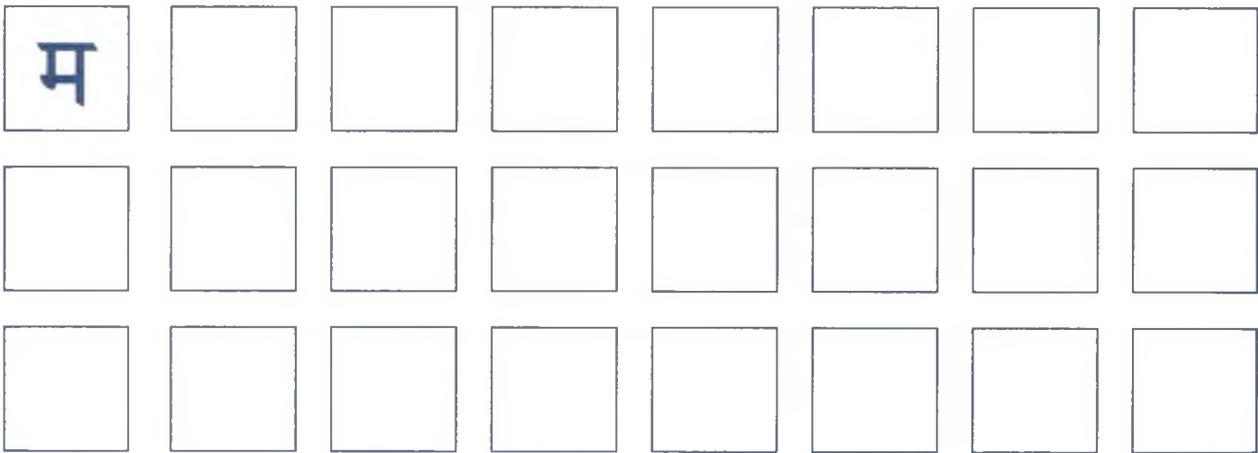
For example: **māyā**

Pronounce this letter several times.

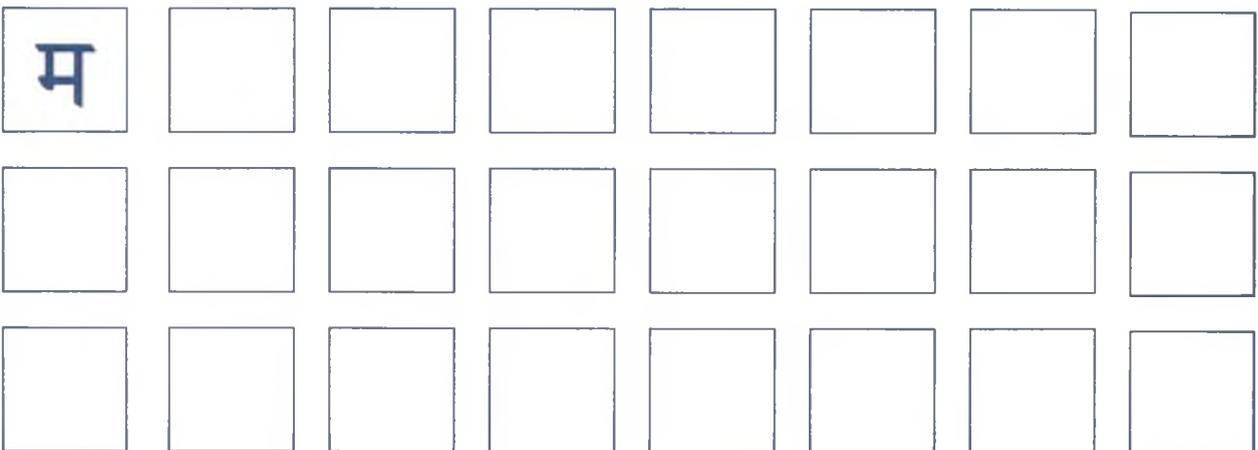
Now trace the letter:

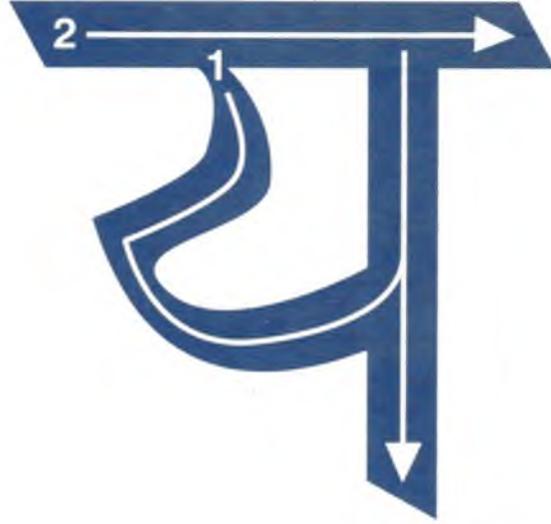


Now write the letter yourself:



After several days, practice writing the letter again:





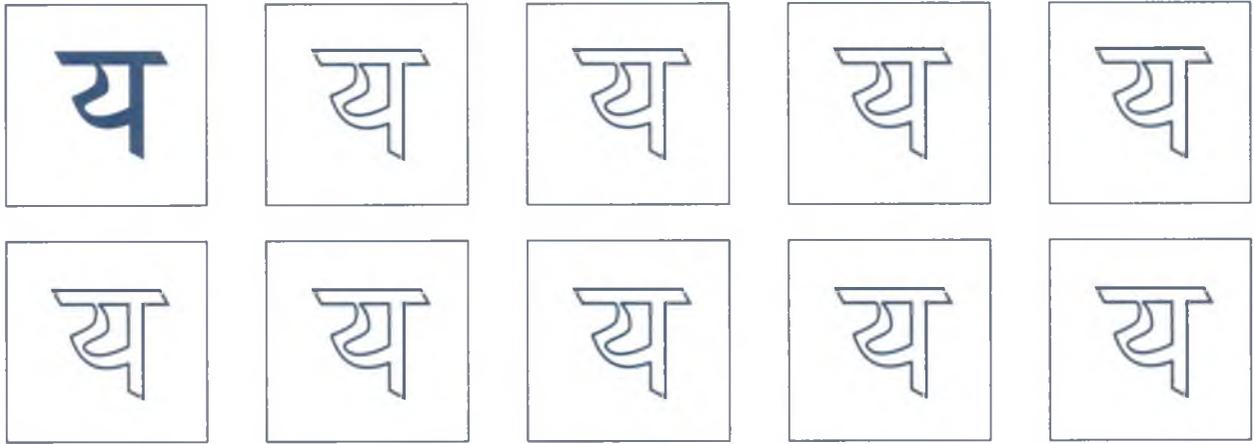
य = ya

y like the “y” in yes

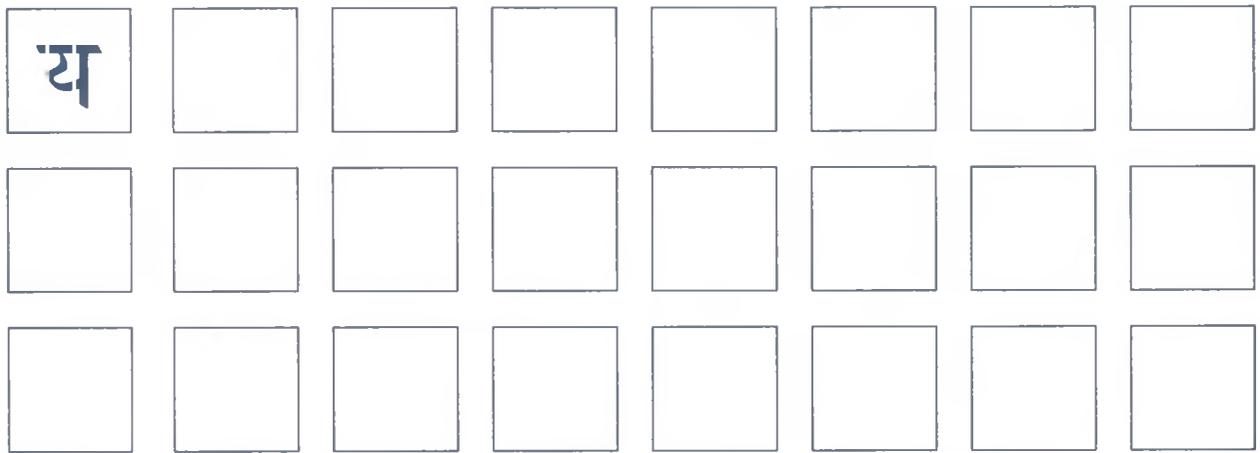
For example: **Yajur**

Pronounce this letter several times.

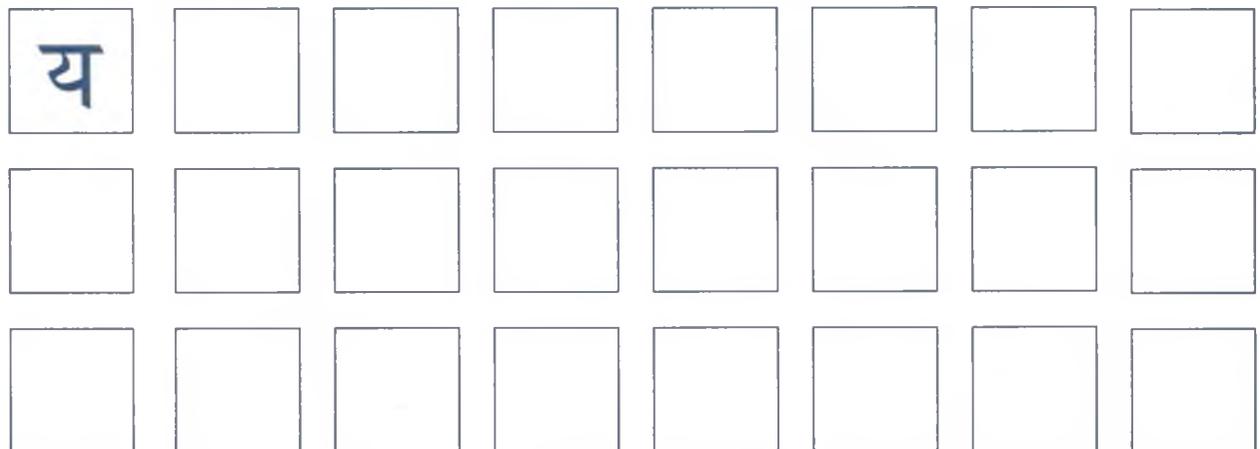
Now trace the letter:



Now write the letter yourself:



After several days, practice writing the letter again:





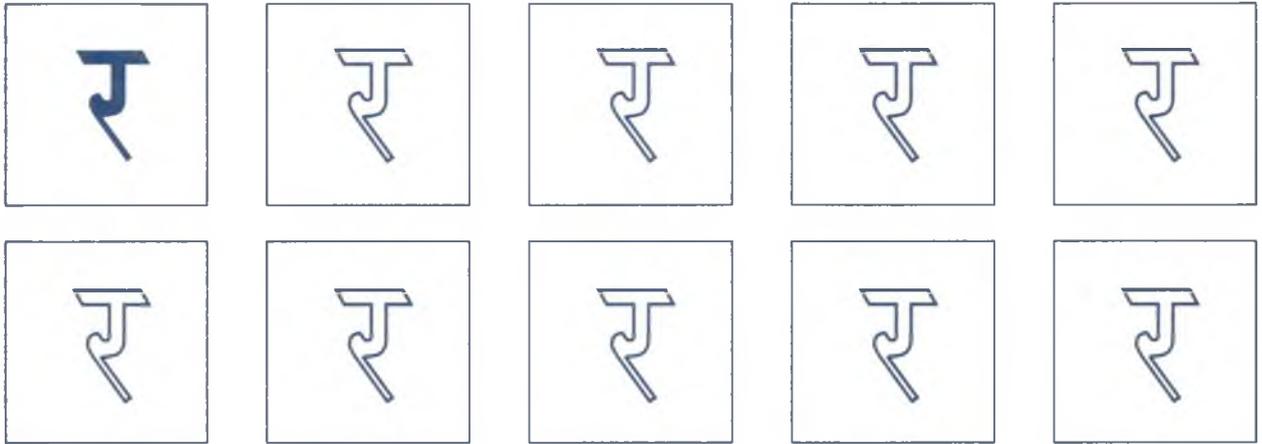
र = ra

r like the “r” in red

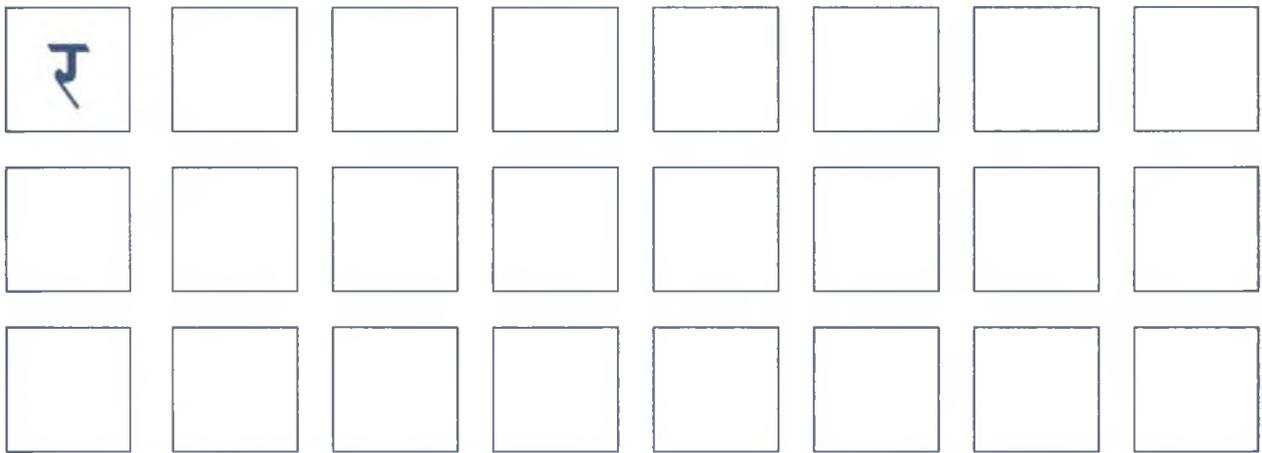
For example: **rajas**

Pronounce this letter several times.

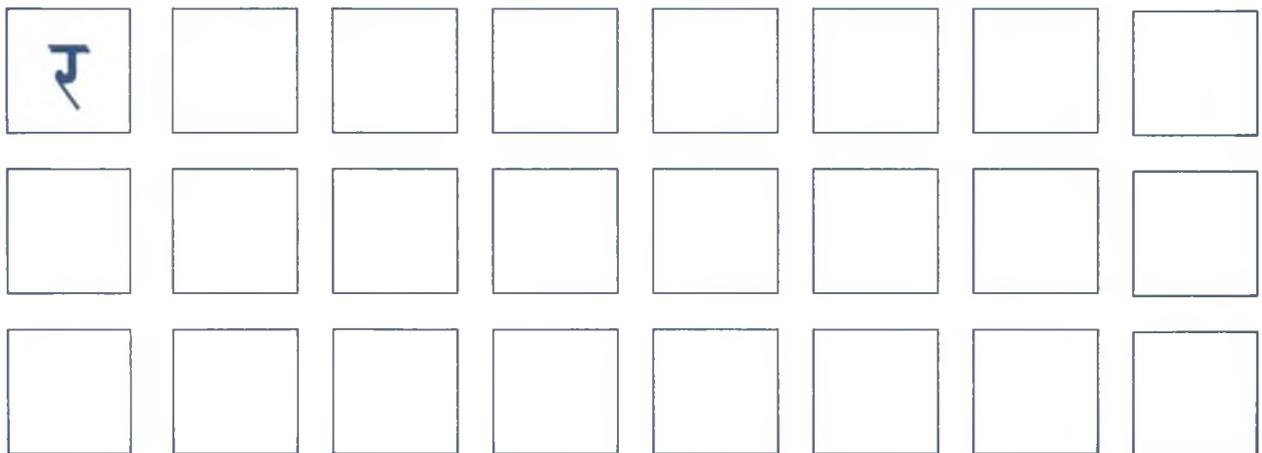
Now trace the letter:

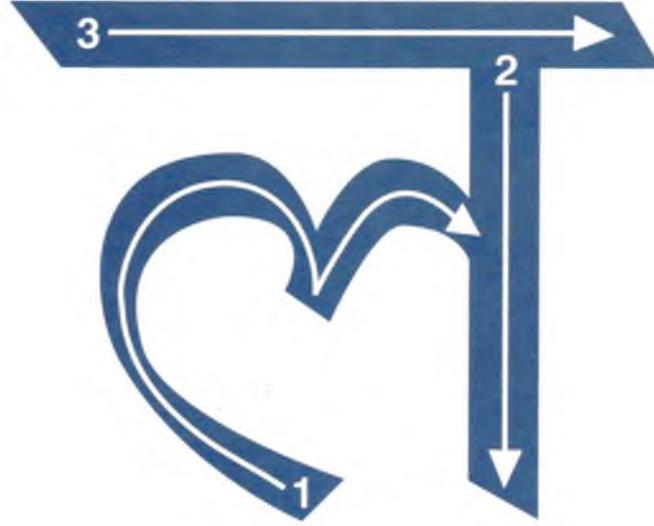


Now write the letter yourself:



After several days, practice writing the letter again:





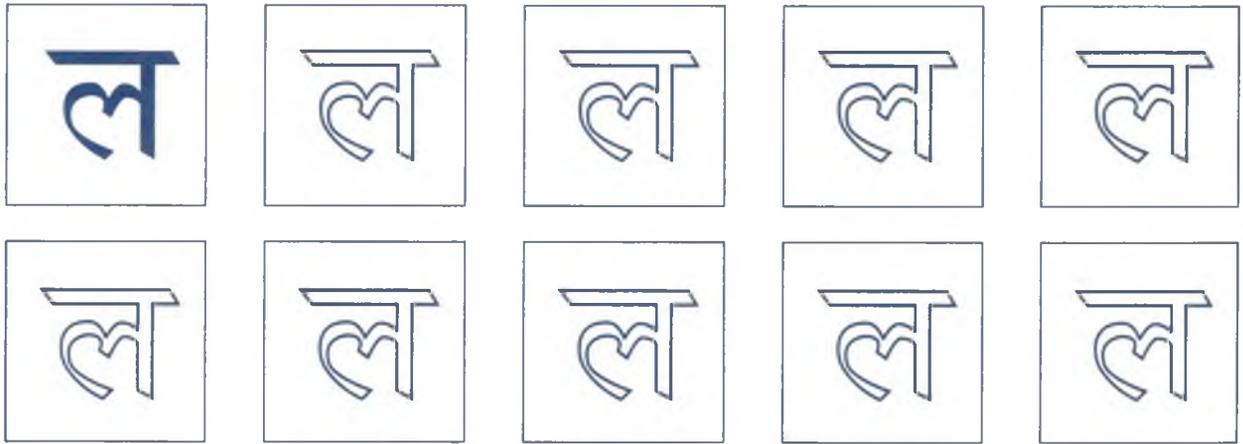
ल = la

l like the “l” in law

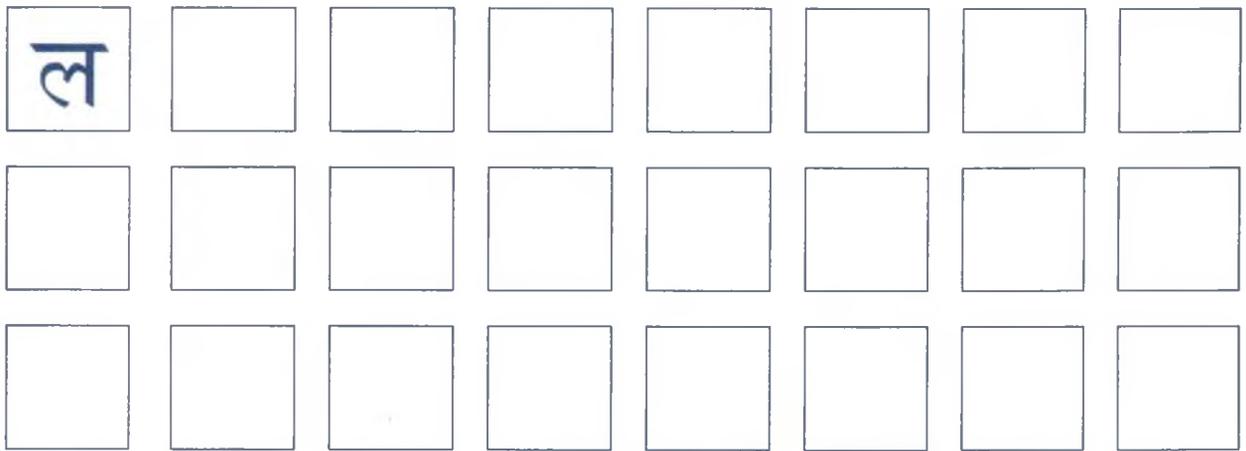
For example: lilā

Pronounce this letter several times.

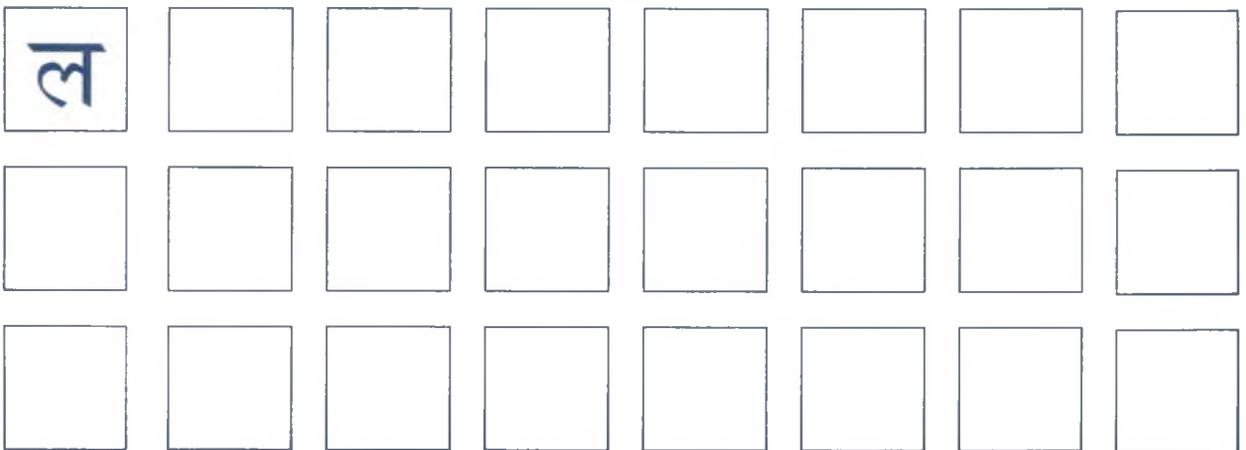
Now trace the letter:



Now write the letter yourself:



After several days, practice writing the letter again:





व = va

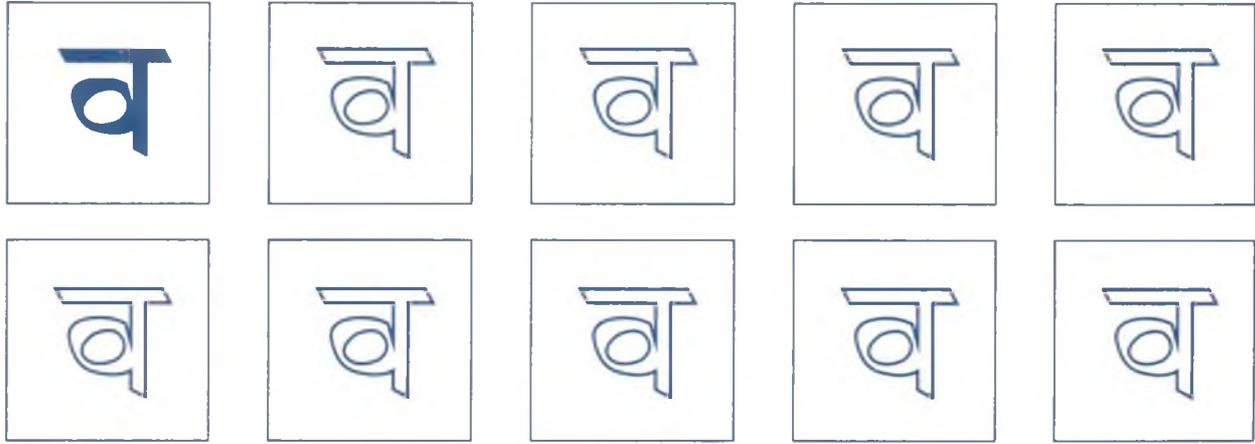
v like the “v” in victory

(but closer to a “w”)

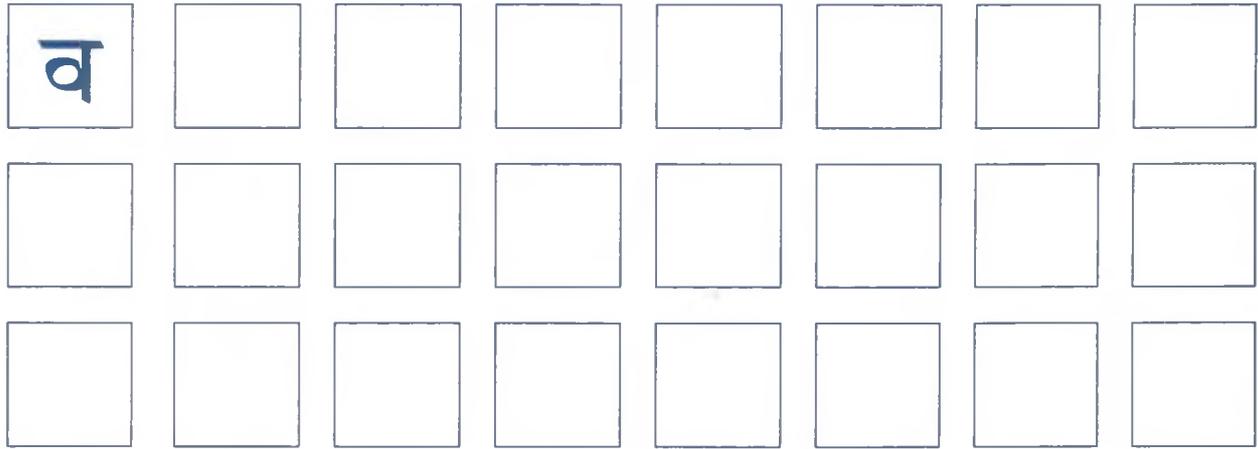
For example: **vāk**

Pronounce this letter several times.

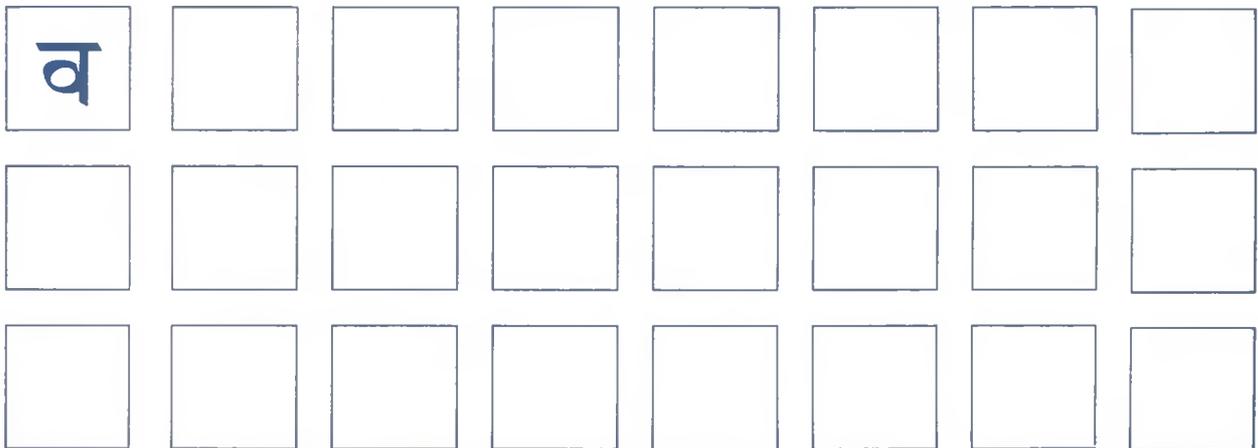
Now trace the letter:

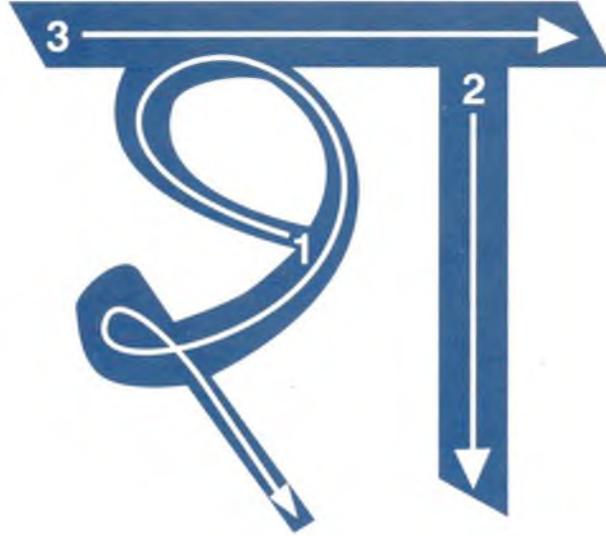


Now write the letter yourself:



After several days, practice writing the letter again:





श = śa

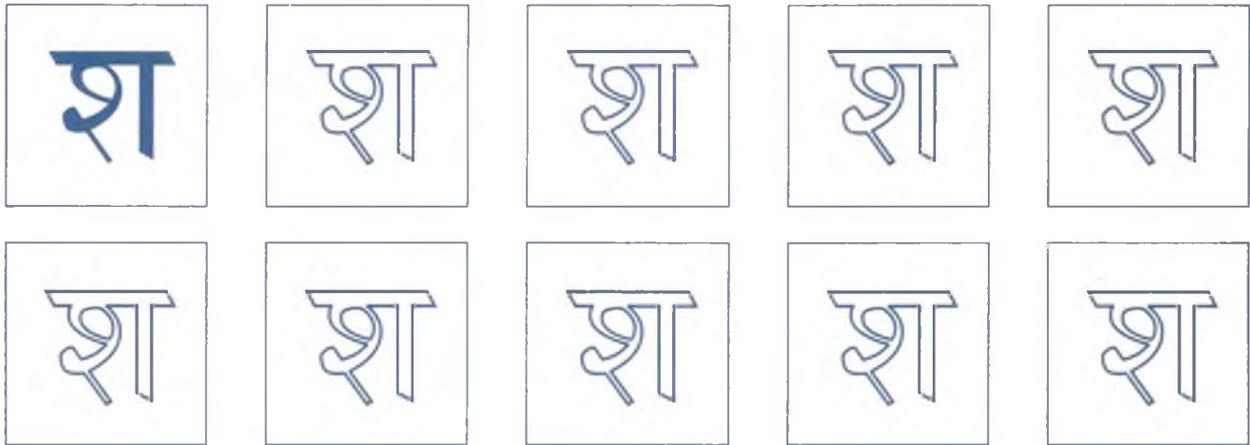
ś like the “sh” in shine

For example: śānti

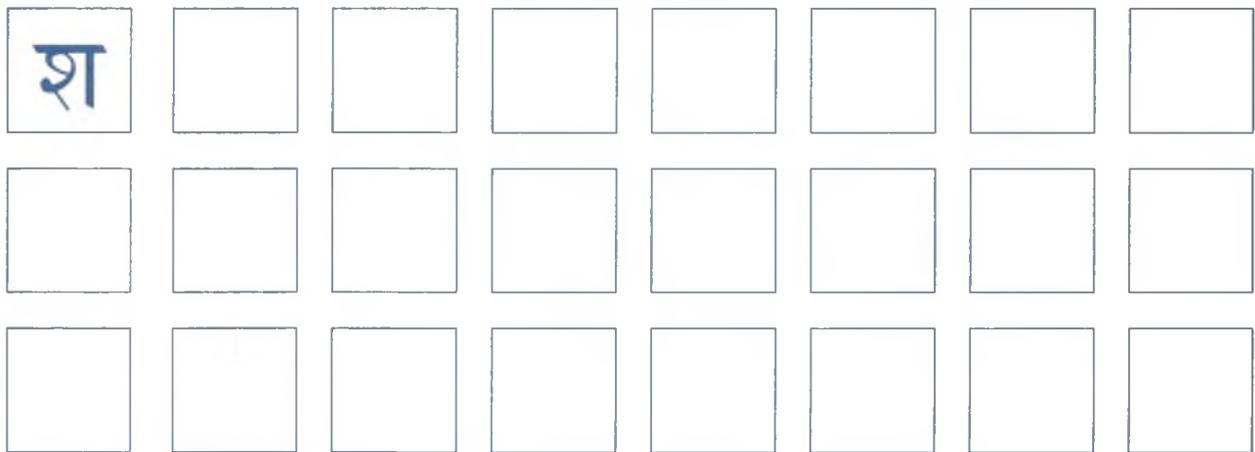
This is pronounced at the same point of contact as ca.
See diagram on page 6.

Pronounce this letter several times.

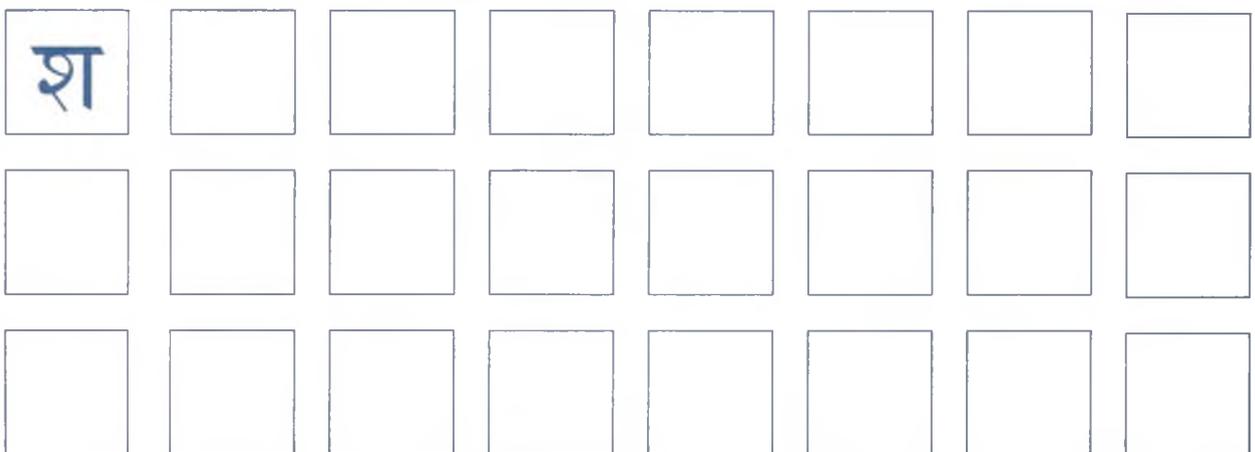
Now trace the letter:

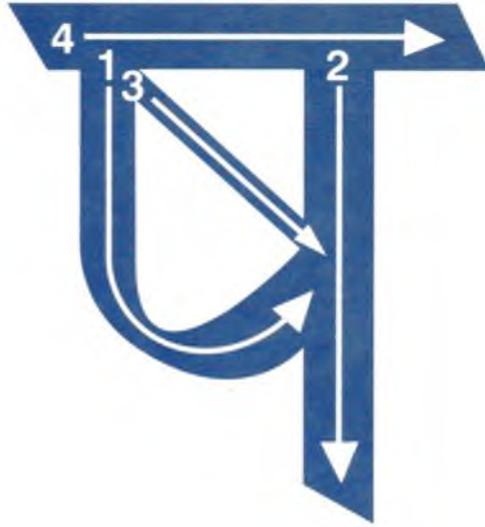


Now write the letter yourself:



After several days, practice writing the letter again:





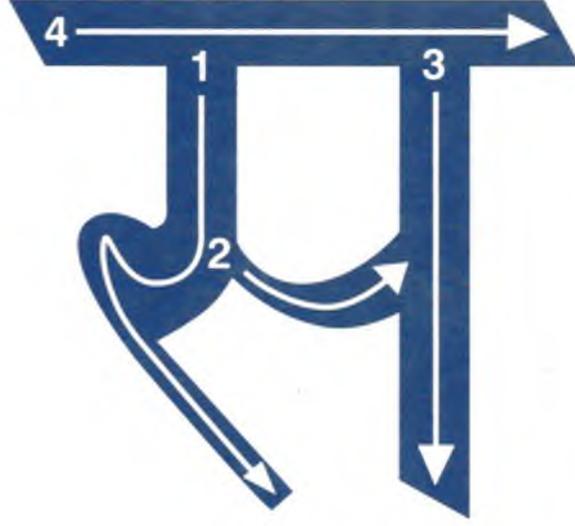
ष = ṣa

ṣ like the “c” in effcient

For example: puruṣa

This is pronounced at the same point of contact as **ṭa**.
See diagram on page 6.

Pronounce this letter several times.



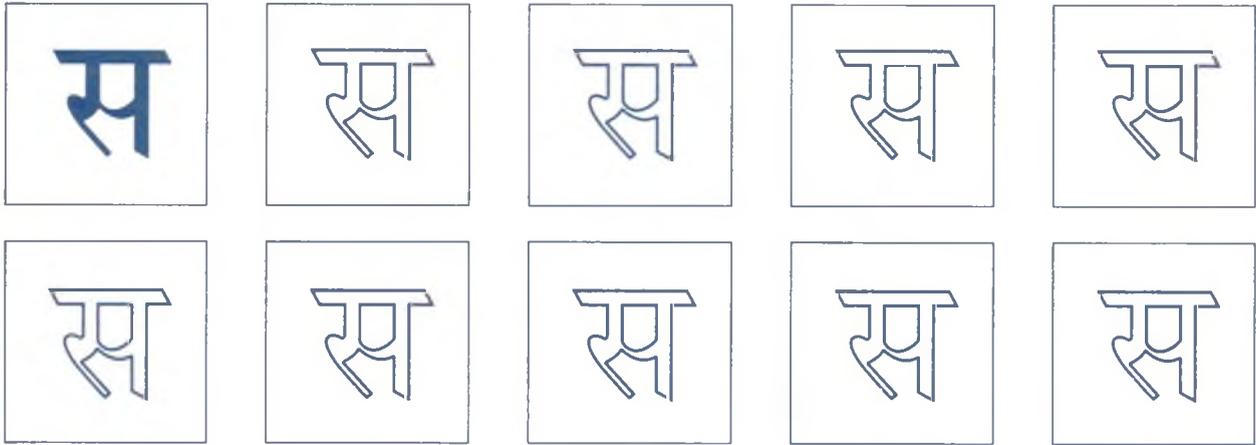
स = sa

s like the “s” in sweet

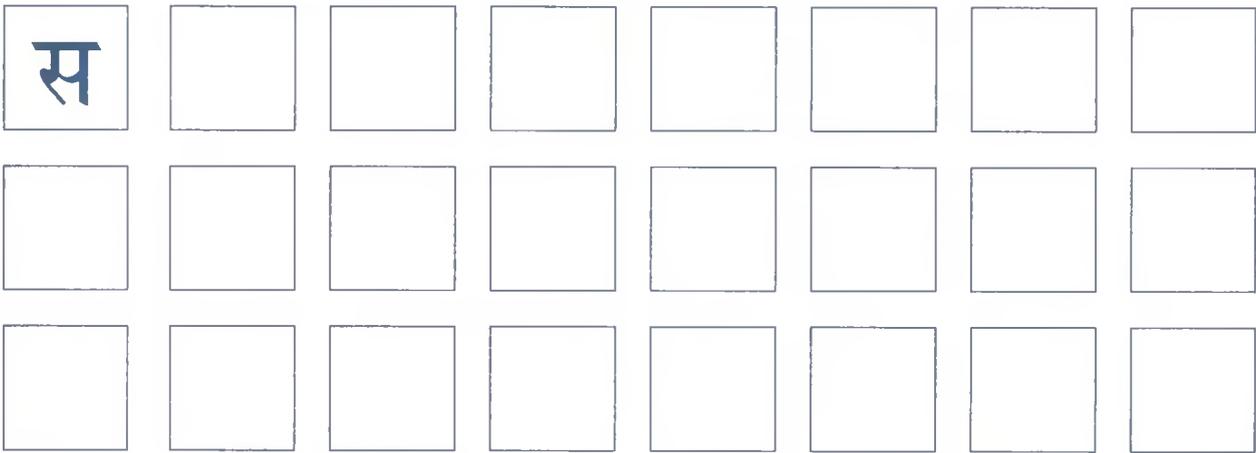
For example: **S**itā

Pronounce this letter several times.

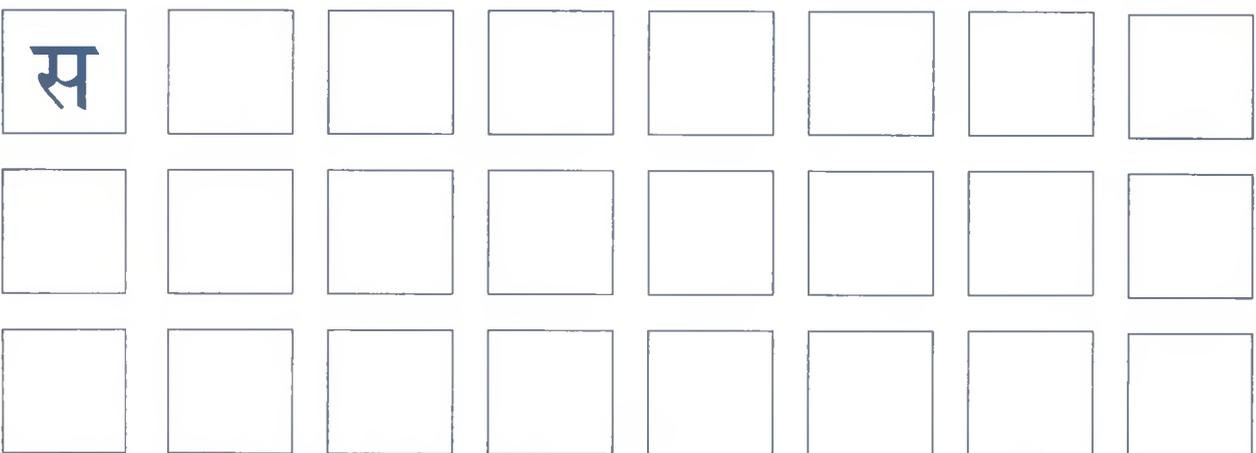
Now trace the letter:



Now write the letter yourself:



After several days, practice writing the letter again:





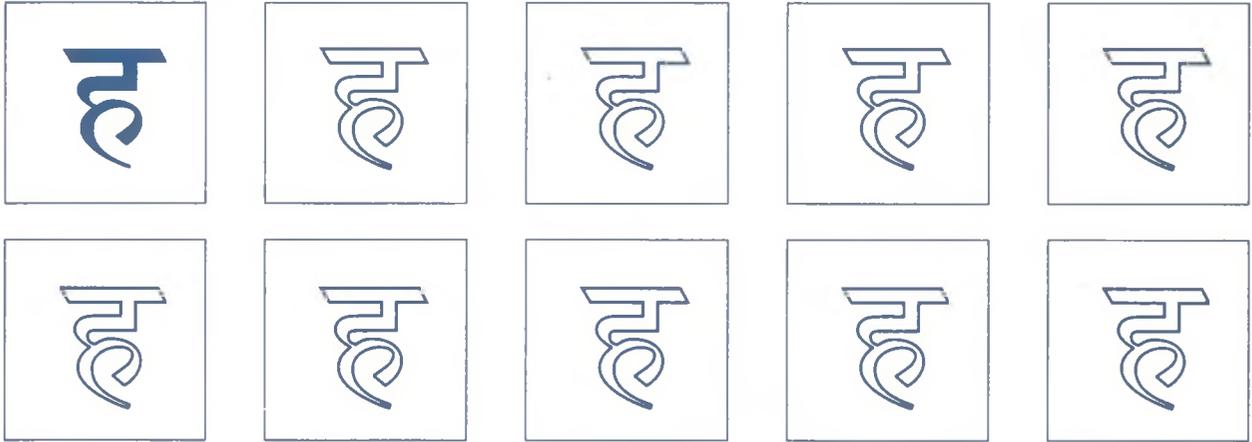
ह = ha

h like the “h” in hero

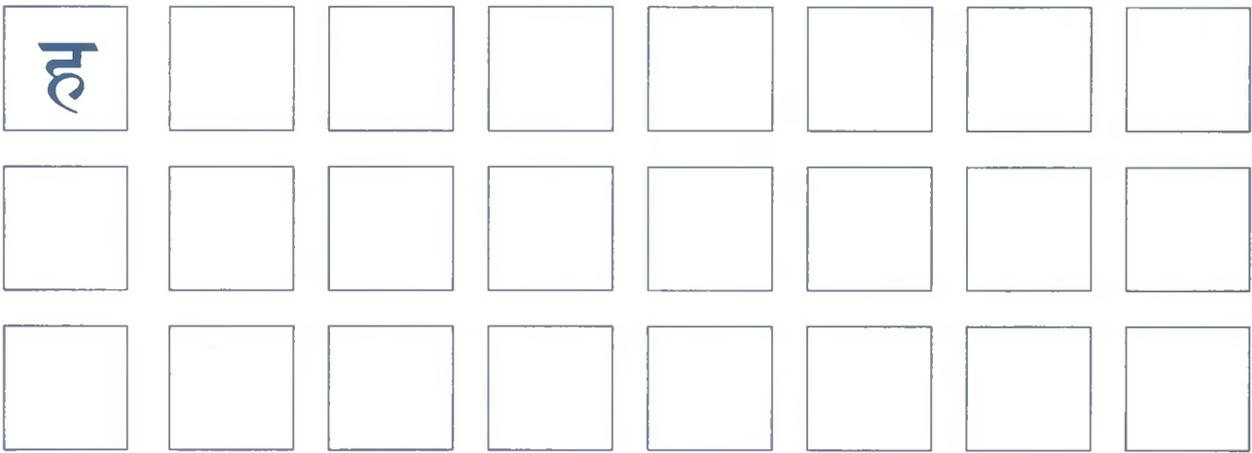
For example: **H**anumān

Pronounce this letter several times.

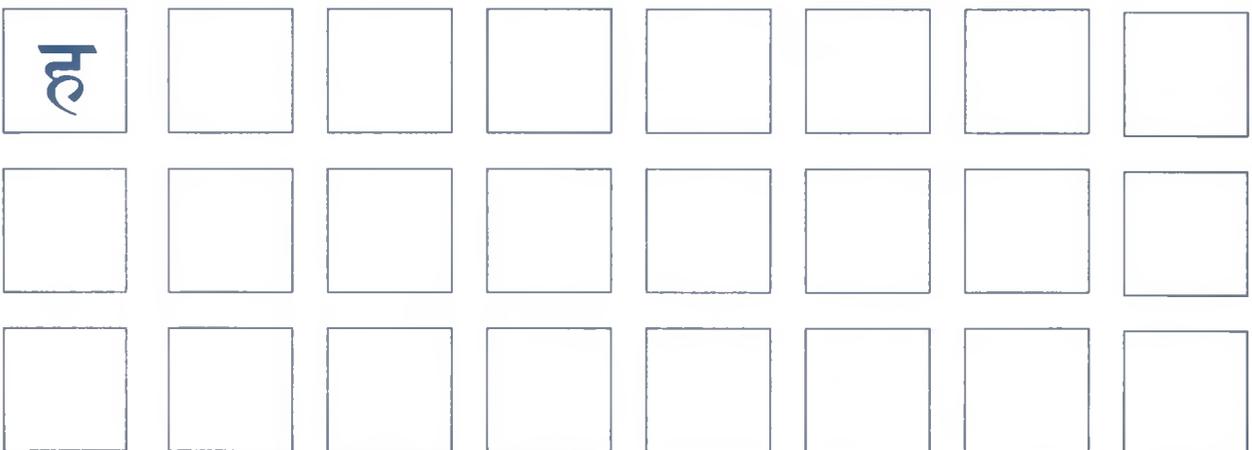
Now trace the letter:

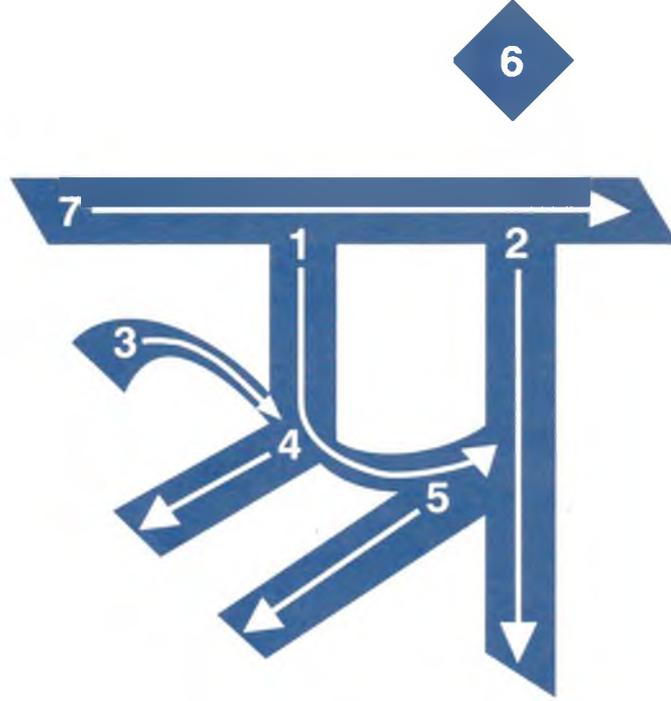


Now write the letter yourself:



After several days, practice writing the letter again:





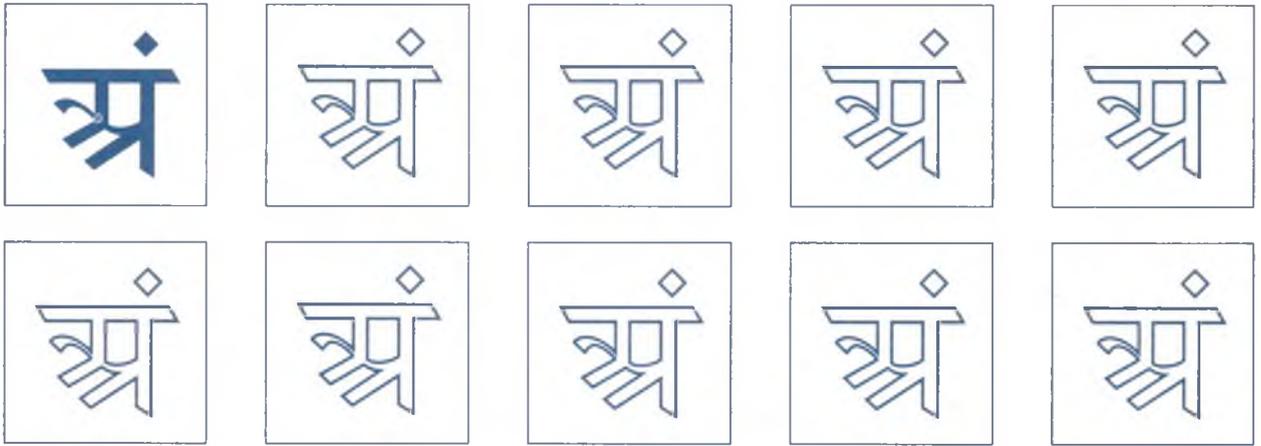
अं = aṃ

The **ṃ** is called **anusvāra**. It causes the last portion of the vowel before it to be nasal (like the French word “bon”). The **anusvāra** changes its sound according to its environment. It sounds like the nasal of the set to which the sound following it belongs. For example, **saṃkhyā** is pronounced like **saṅkhyā** (with more nasalization of the first **a**), and **Samhitā** is pronounced like **Saṅhitā** (with more nasalization of the first **a**).

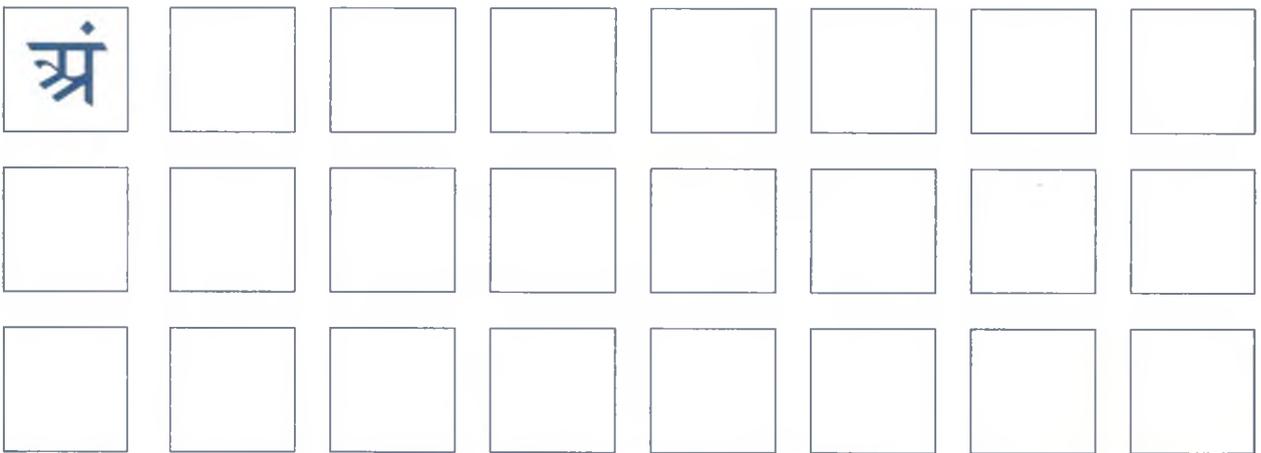
For example: गं = gaṃ, तं = taṃ, सं = saṃ

Pronounce this letter several times.

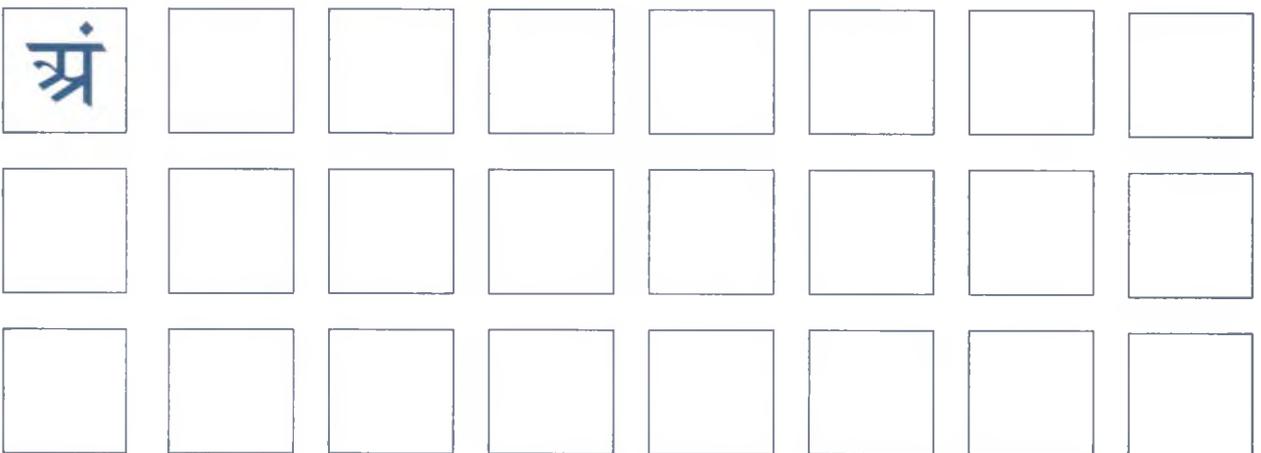
Now trace the letter:

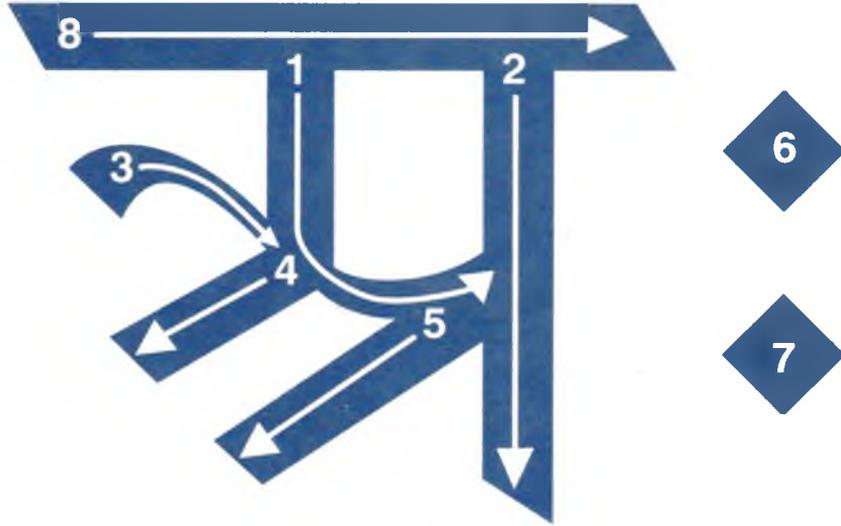


Now write the letter yourself:



After several days, practice writing the letter again:





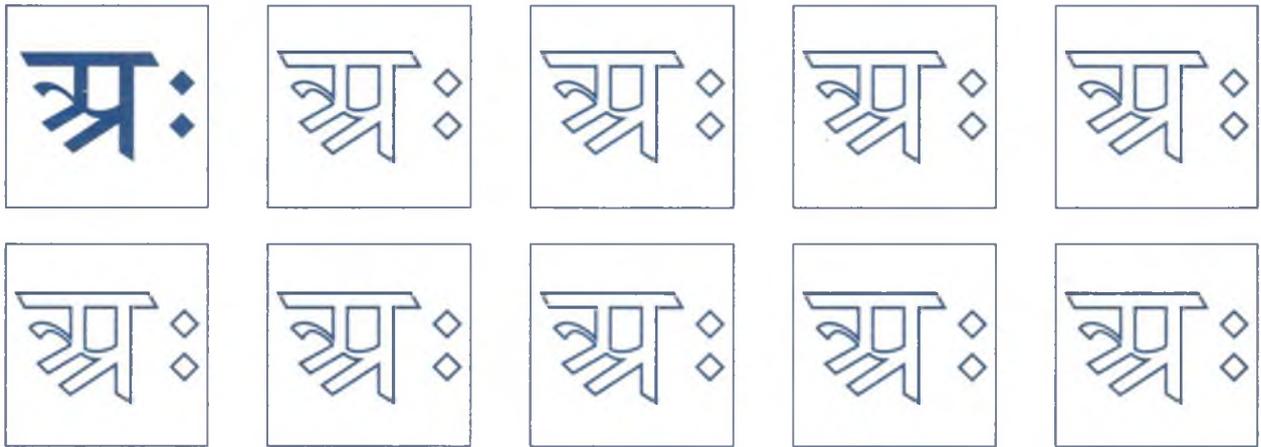
अः = ah

The ः is called **visarga**. It is an unvoiced breathing, usually at the end of a word.

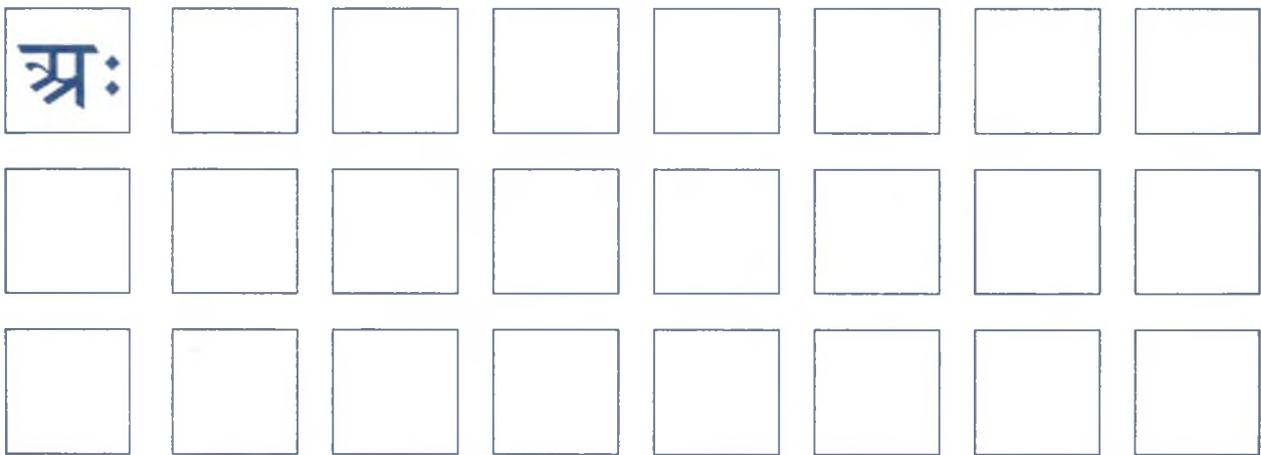
For example: **yogasthah**

Pronounce this letter several times.

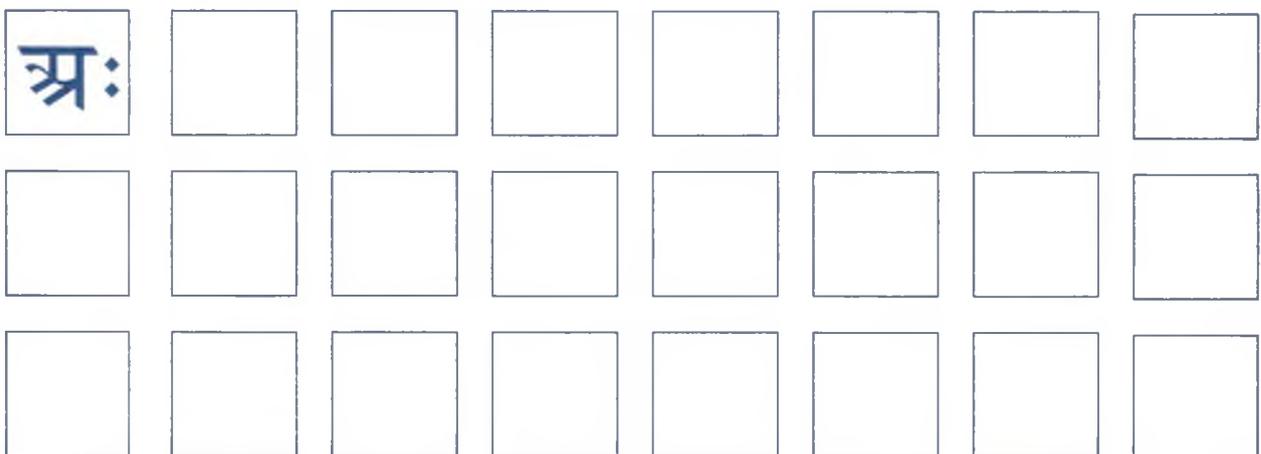
Now trace the letter:

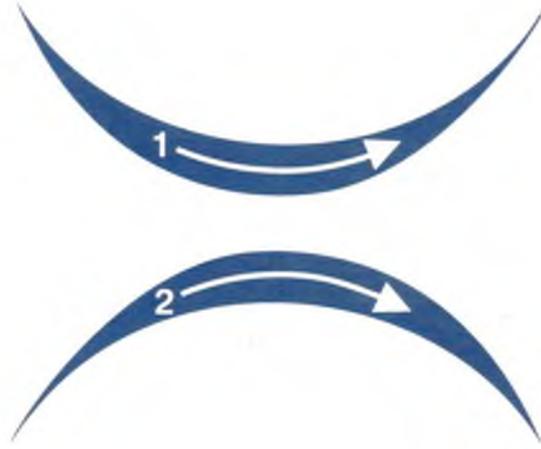


Now write the letter yourself:



After several days, practice writing the letter again:





⋈ = h

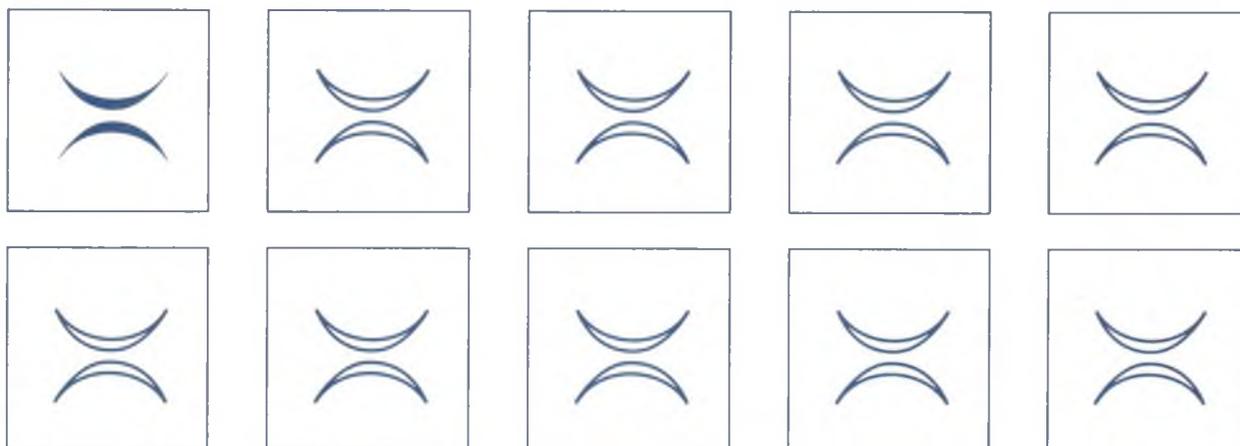
⋈ = h

The h is called **jihvāmūliya**. It is sometimes used in place of a **visarga** before **ka** or **kha**.

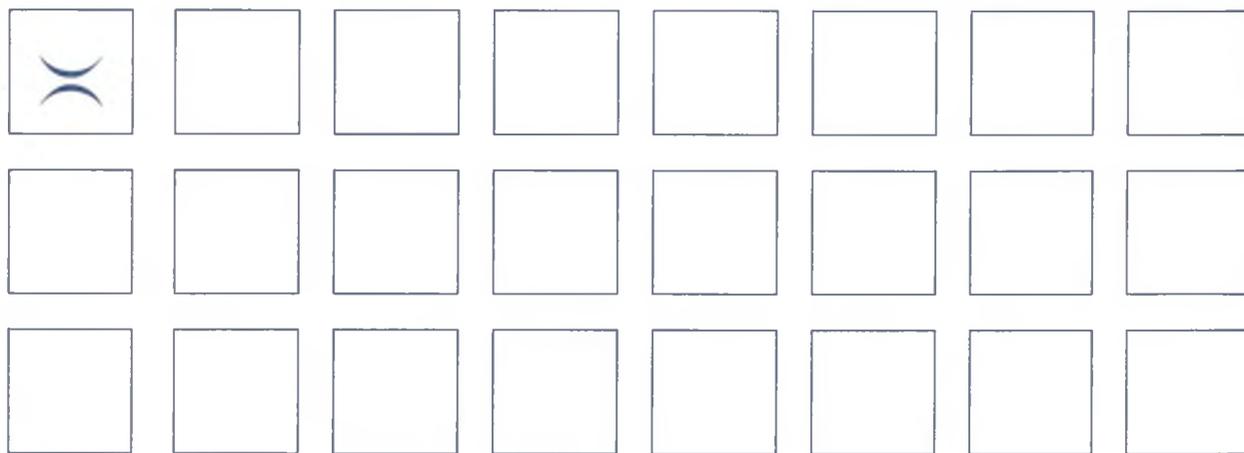
The h is called **upadhmāniya**. It is sometimes used in place of a **visarga** before **pa** or **pha**.

These Vedic letters are written the same way, but called **jihvāmūliya** when placed before **ka** or **kha**, and **upadhmāniya** when placed before **pa** or **pha**.

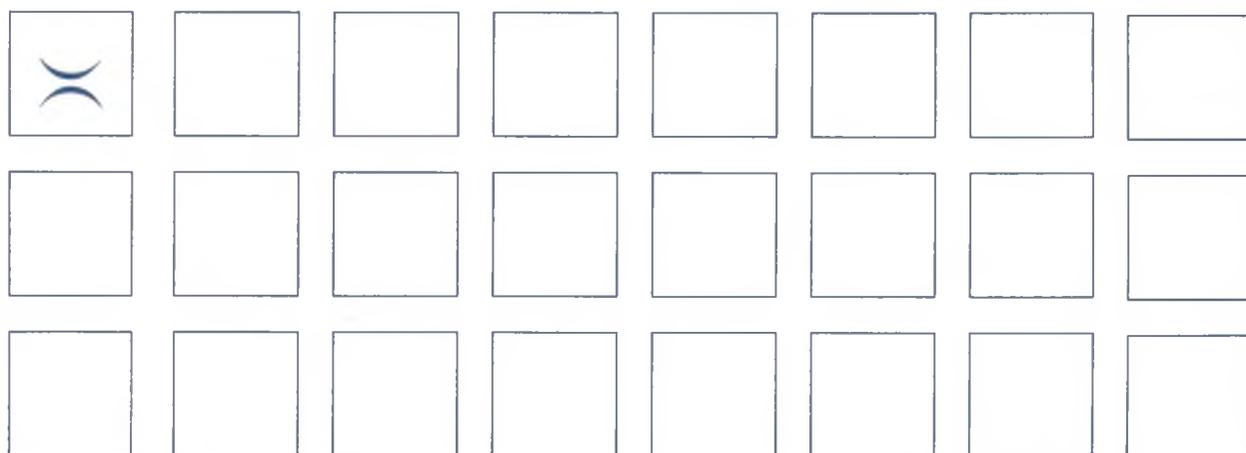
Now trace the letter:



Now write the letter yourself:



After several days, practice writing the letter again:





REVIEW

Pronounce the following letters:

	A	B	C	D	E	F
1	अ	फ	र	ब	छ	ल
2	ह	क	ष	आ	ढ	न
3	श	य	त	भ	म	थ
4	ज	ई	घ	ए	उ	व
5	स	ख	ह	ल	र	म
6	फ	प	श	ष	ग	र



LESSON

Vowels after
Consonants



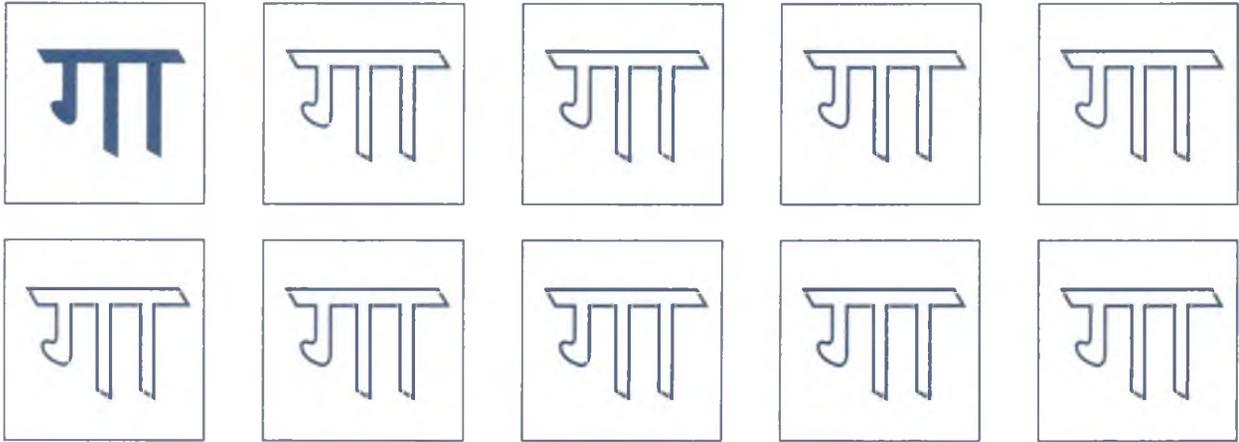
गा = gā

gā like the “go” in got

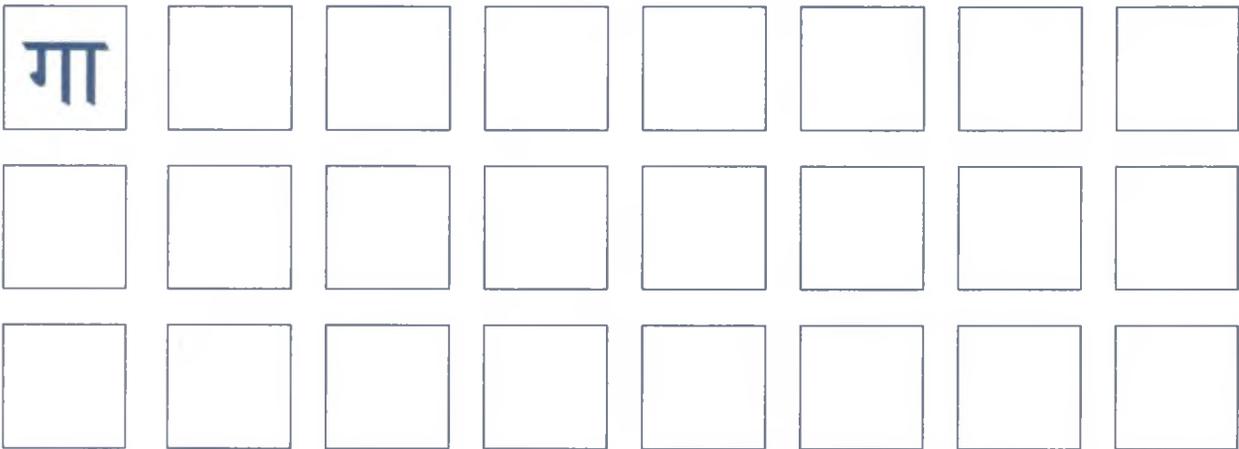
For example: **Gārgī**

Pronounce this letter several times.

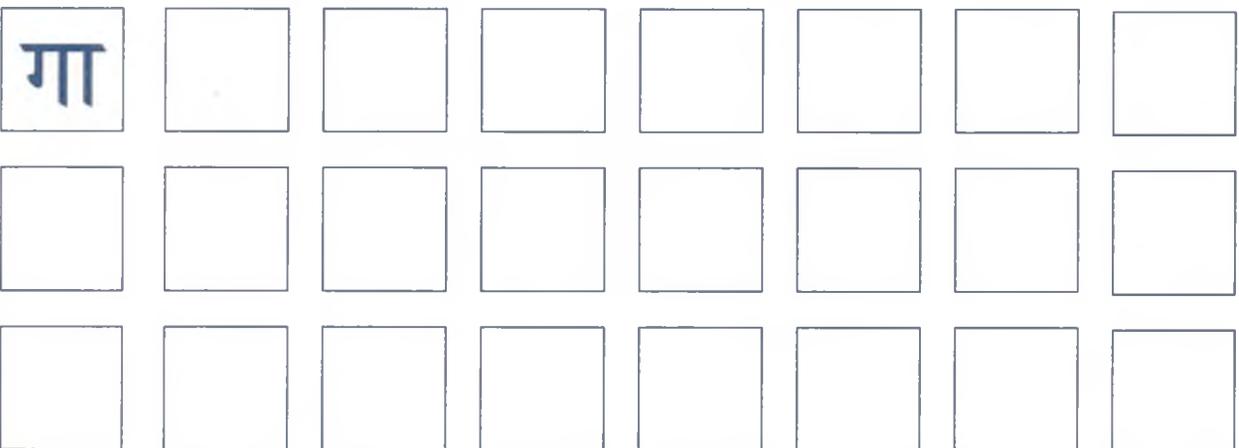
Now trace the letter:



Now write the letter yourself:



After several days, practice writing the letter again:





गि = gi

gi like the “gee” in geese (held shorter)

For example: **girā**

In most printed books, the curved line on top usually doesn't touch the horizontal bar.

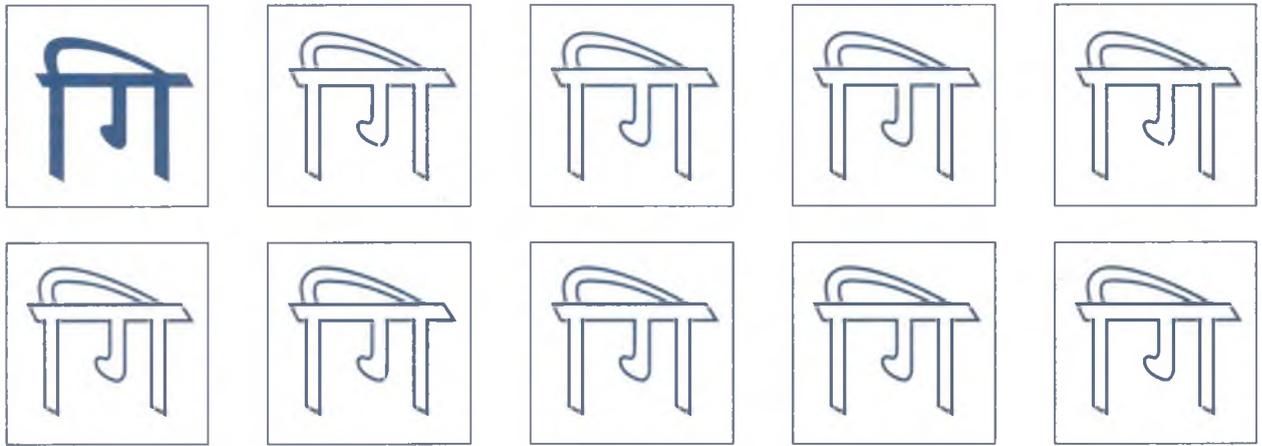
For example: गि

When written by hand, the curved line should touch the horizontal bar at the point where it meets the vertical line.

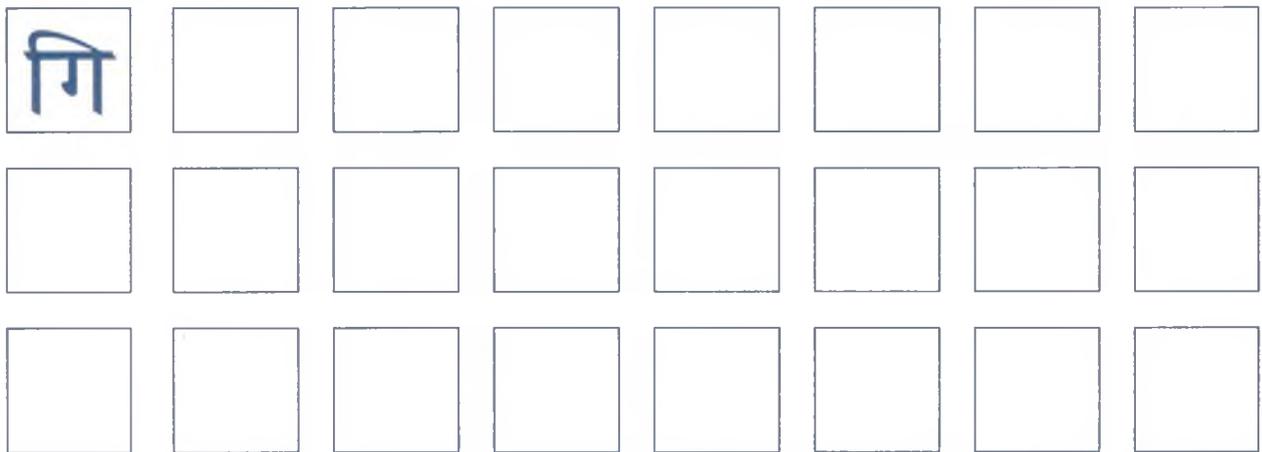
For example: गि

Pronounce this letter several times.

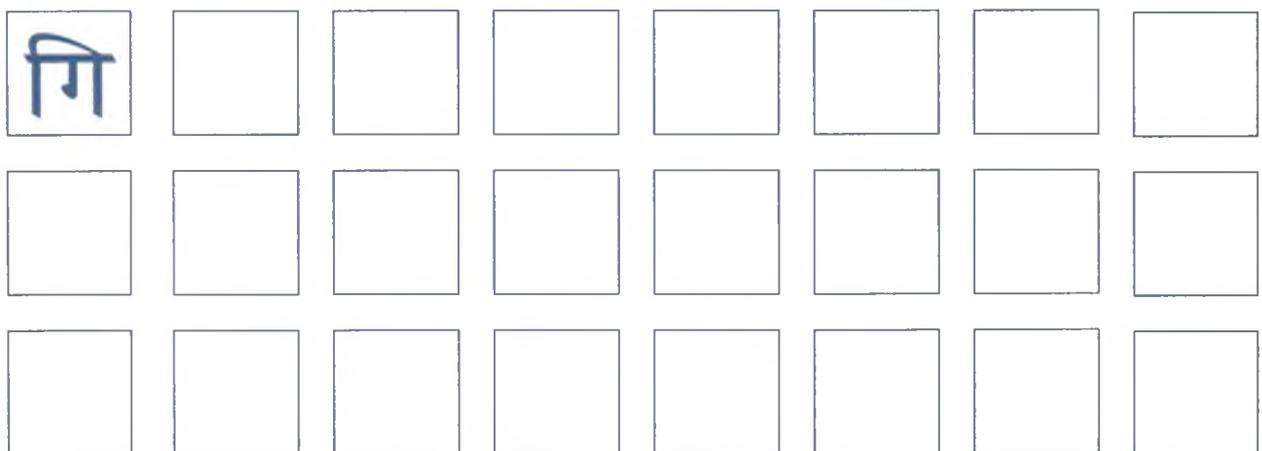
Now trace the letter:



Now write the letter yourself:



After several days, practice writing the letter again:





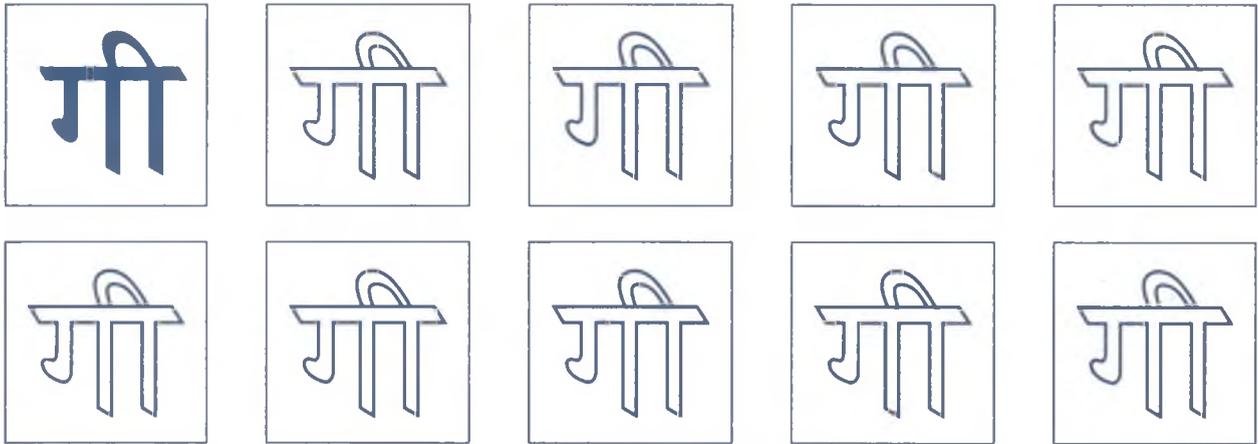
गी = gī

gī like the “gee” in geese

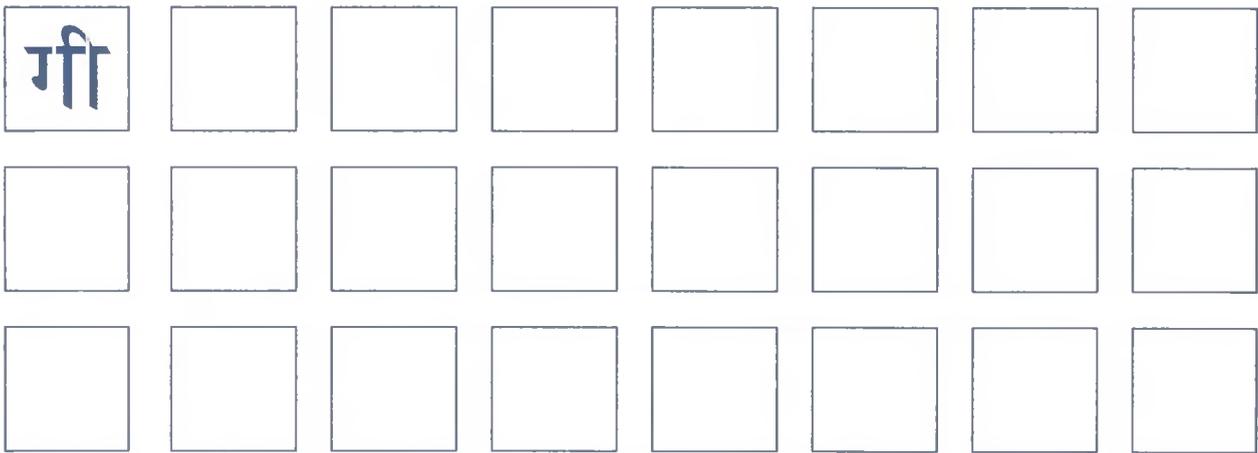
For example: **Gītā**

Pronounce this letter several times.

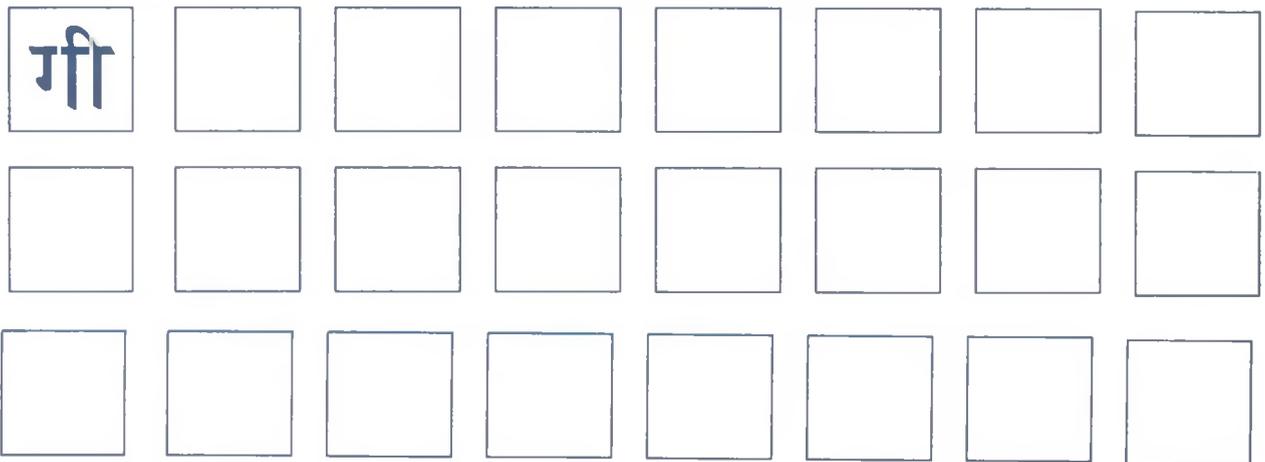
Now trace the letter:

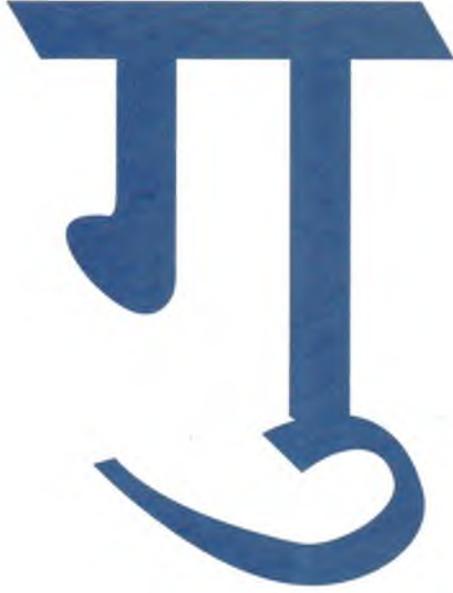


Now write the letter yourself:



After several days, practice writing the letter again:





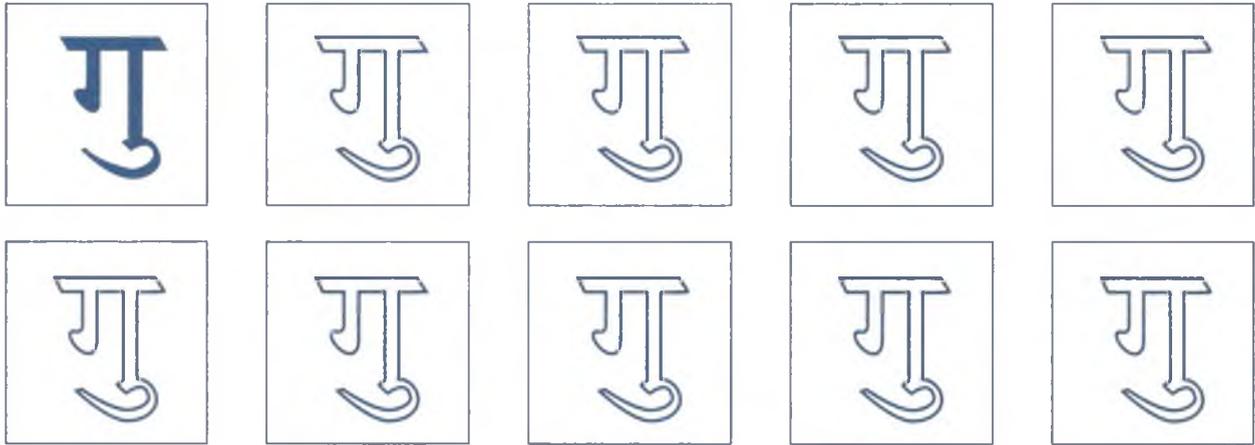
गु = gu

gu like the “goo” in goose

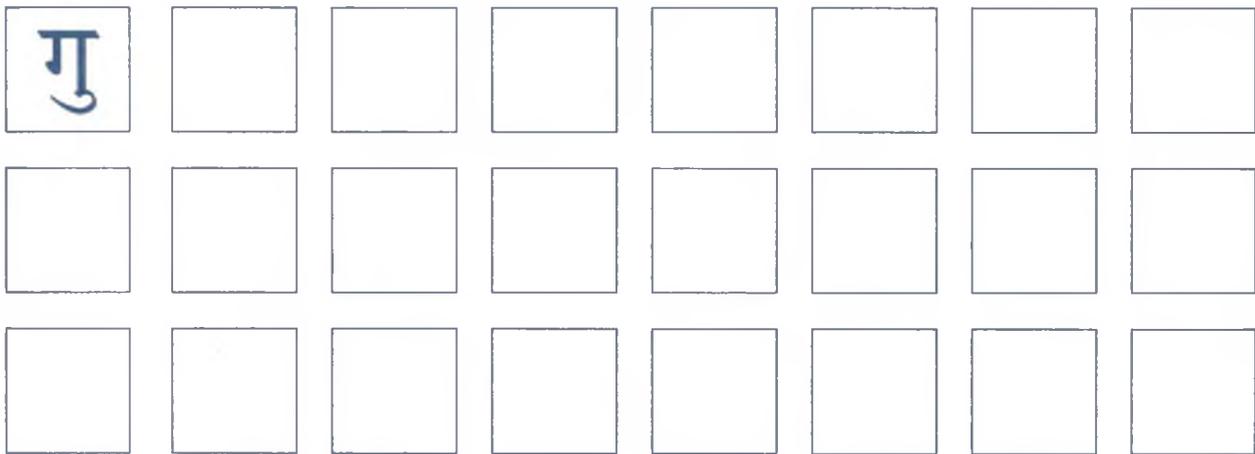
For example: **guru**

Pronounce this letter several times.

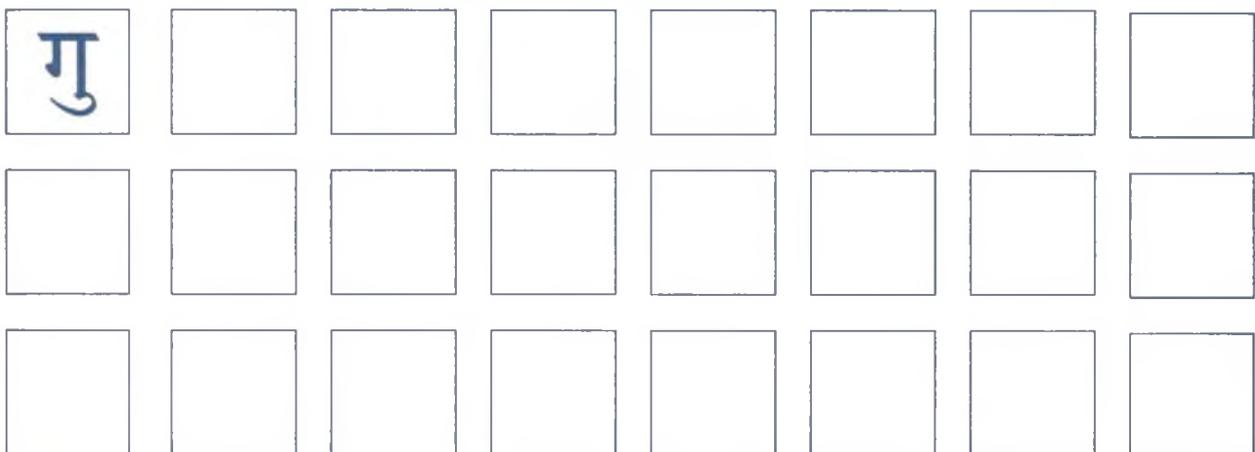
Now trace the letter:

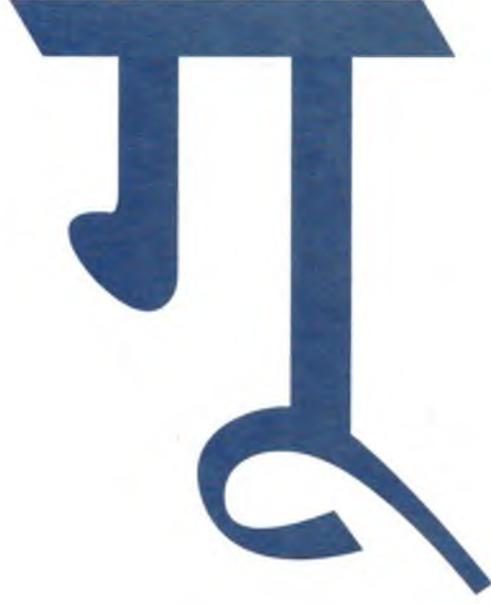


Now write the letter yourself:



After several days, practice writing the letter again:





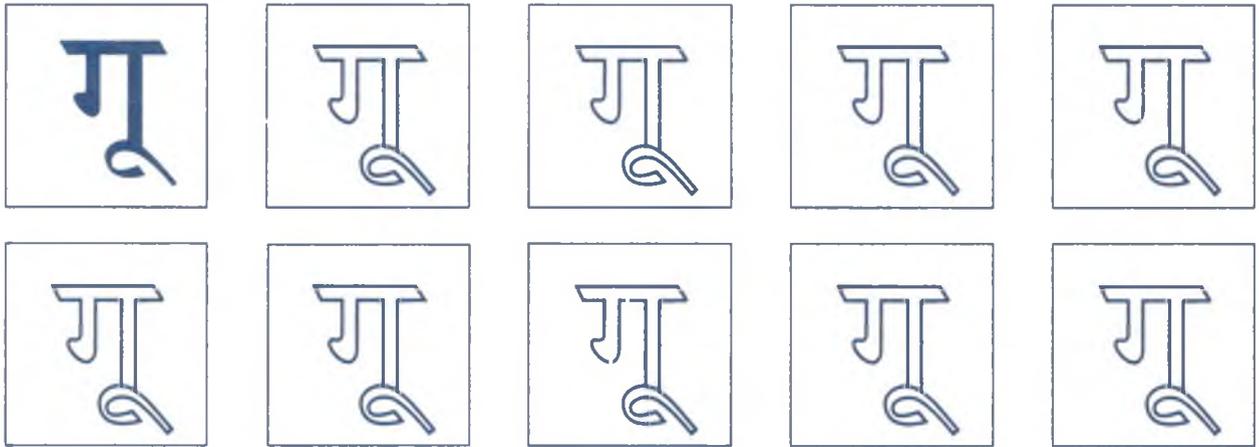
गृ = gū

gū like the “goo” in goose, only held longer

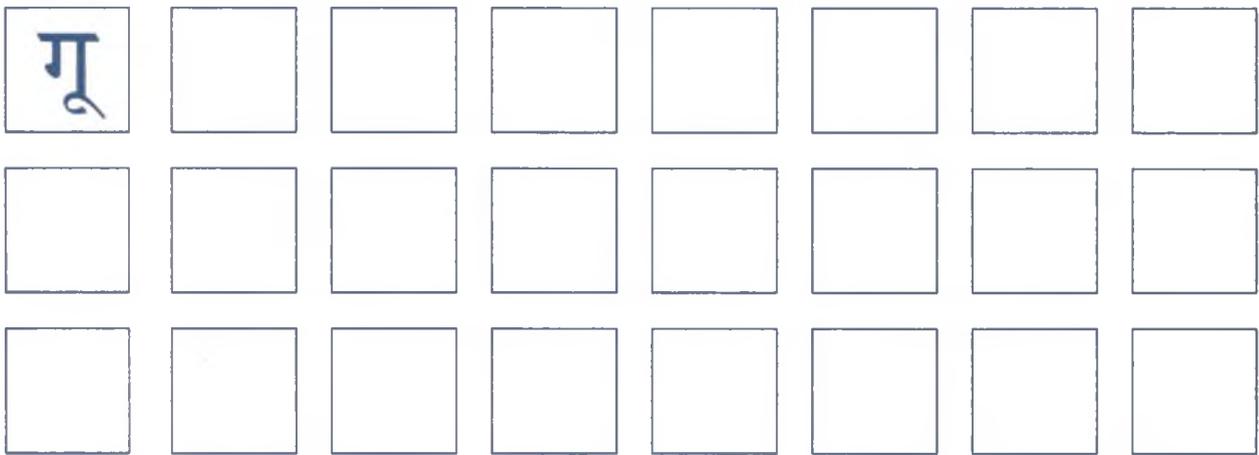
For example: **gūrti**

Pronounce this letter several times.

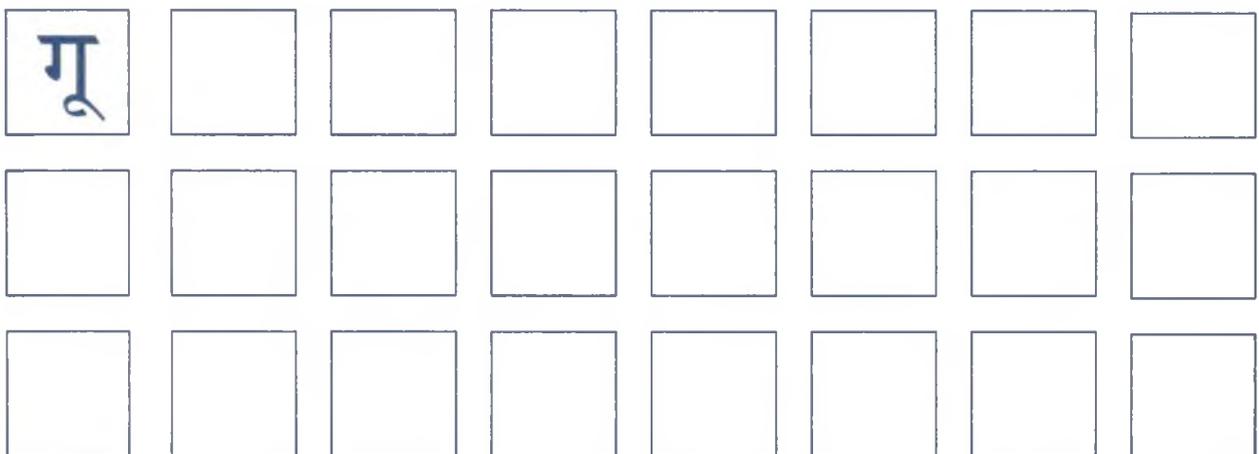
Now trace the letter:



Now write the letter yourself:



After several days, practice writing the letter again:



गृ

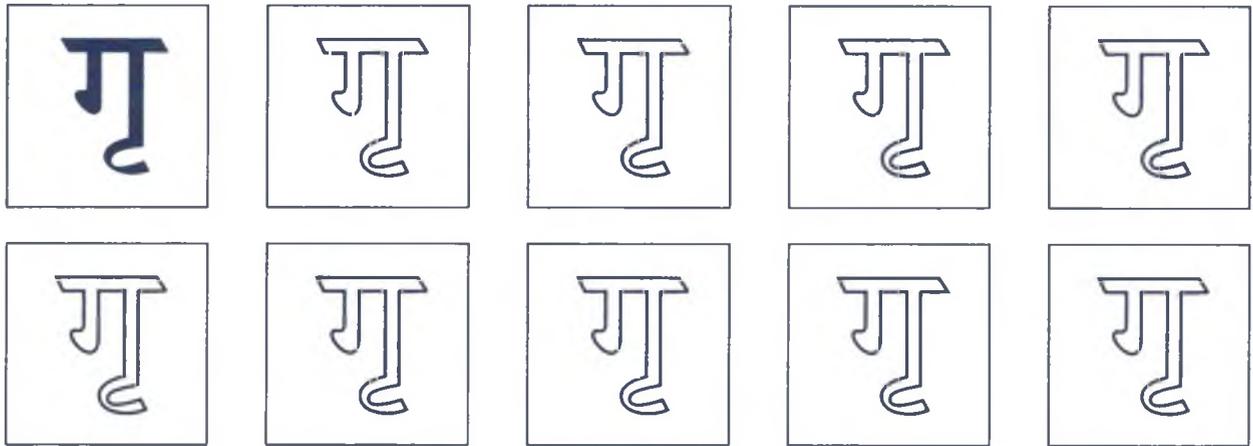
गृ = gr̥

gr̥ like the “gri” in grip

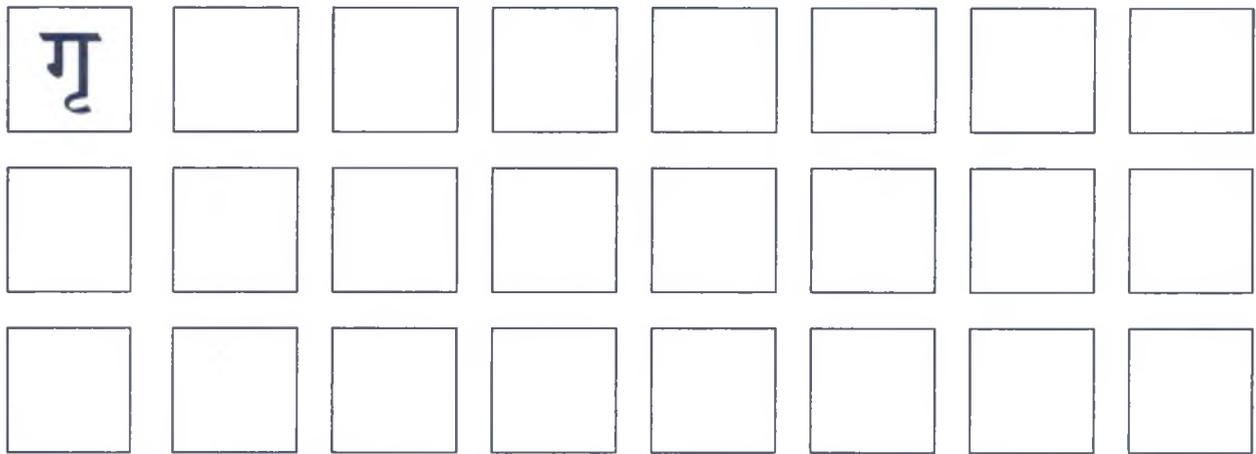
For example: gr̥hya

Pronounce this letter several times.

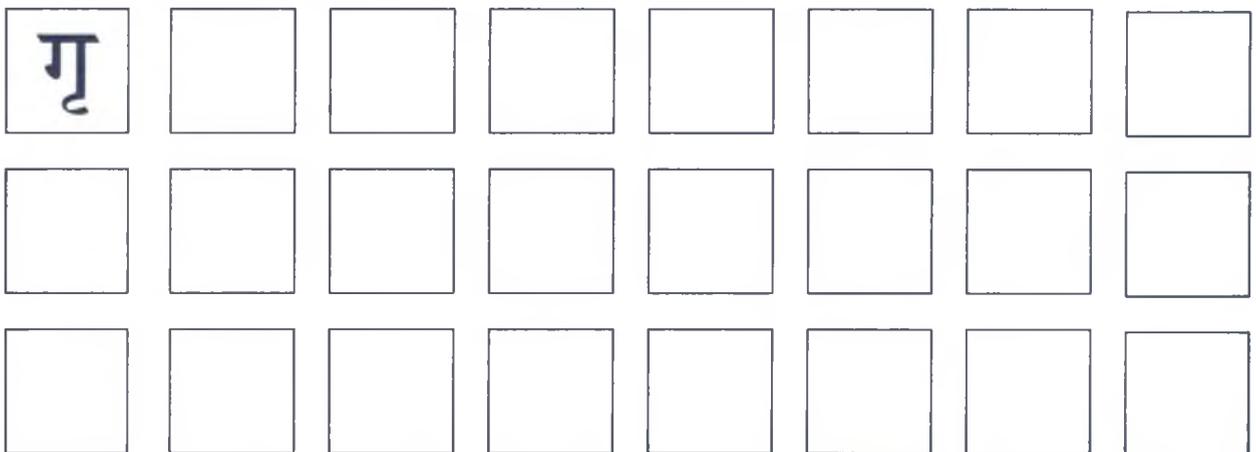
Now trace the letter:



Now write the letter yourself:



After several days, practice writing the letter again:



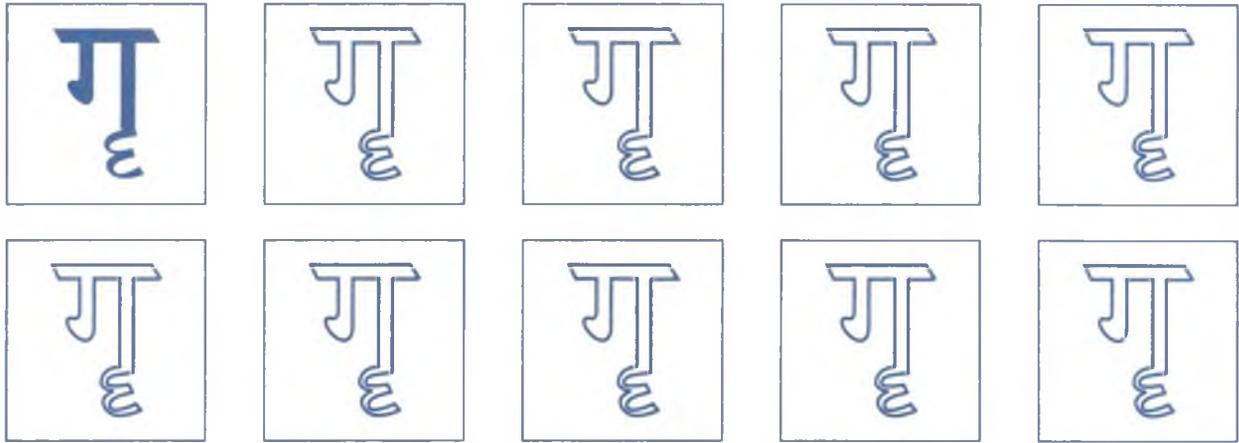
गृ = gṝ

gṝ like the “gree” in green

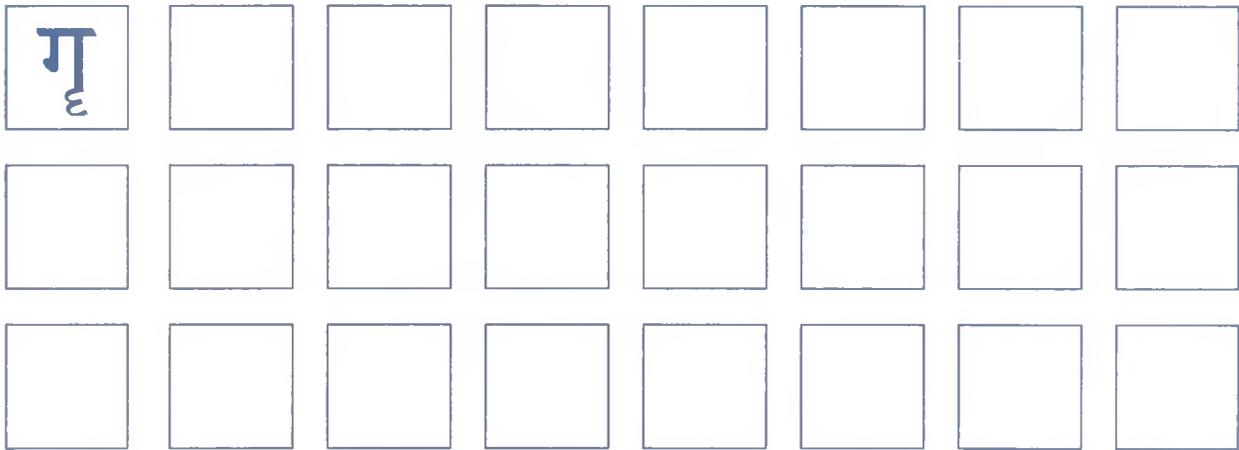
For example: gṝ

Pronounce this letter several times.

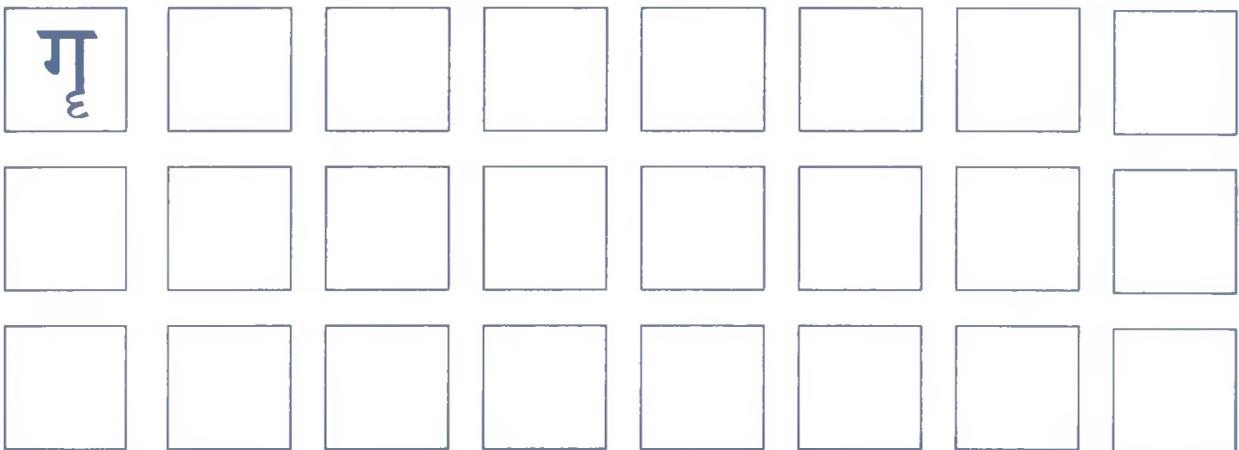
Now trace the letter:



Now write the letter yourself:



After several days, practice writing the letter again:



A large, bold, blue Sanskrit character 'गे' (ge) is centered on the page. A curved arrow above the character indicates the stroke order for writing it, starting from the top and moving down and to the right.

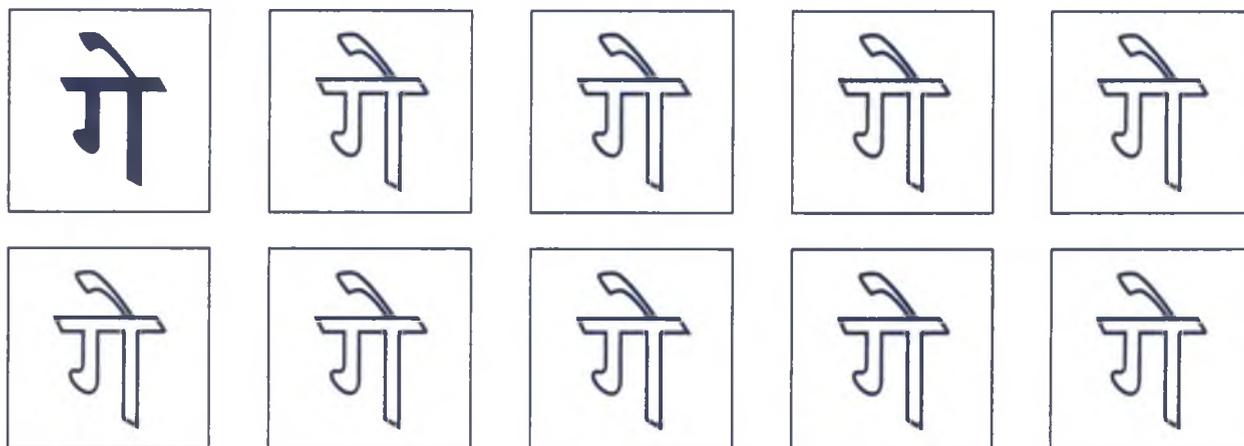
गे = ge

ge like the “ga” in gate

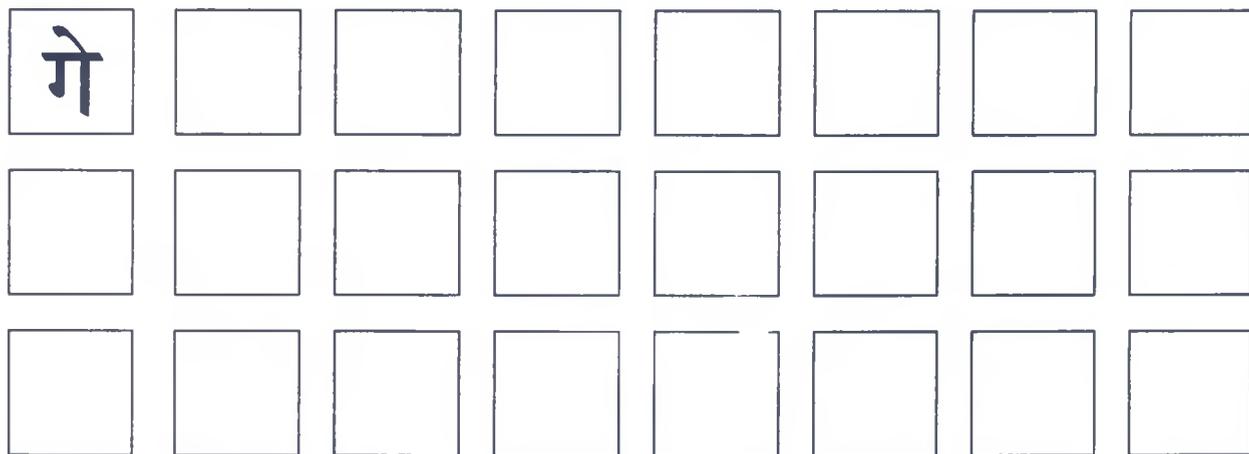
For example: **geya**

Pronounce this letter several times.

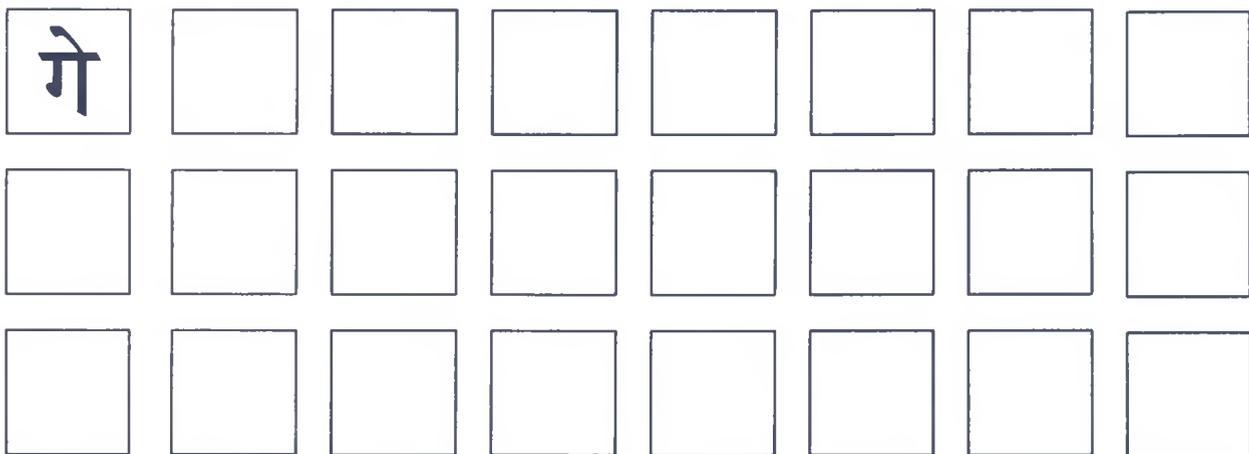
Now trace the letter:



Now write the letter yourself:



After several days, practice writing the letter again:





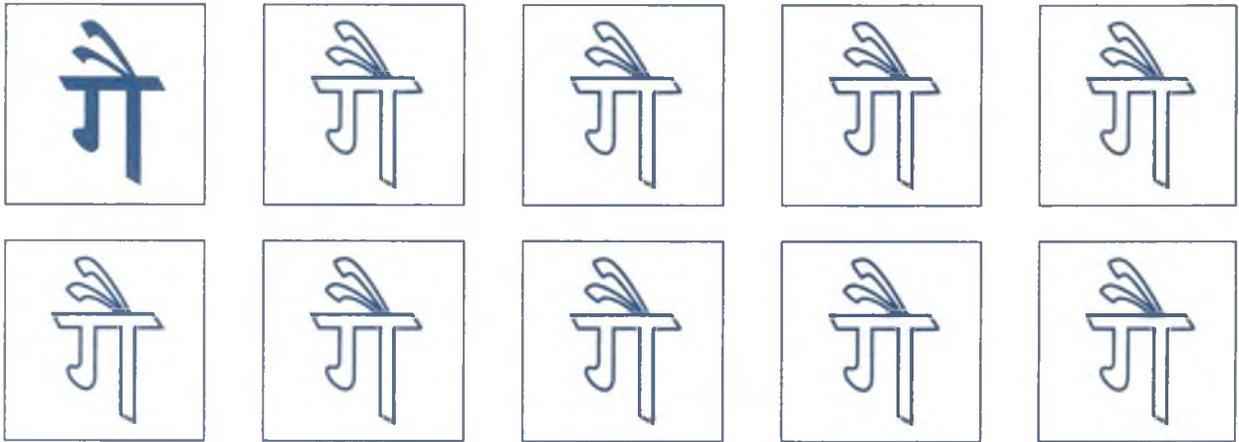
गै = gai

gai like the word “guy”

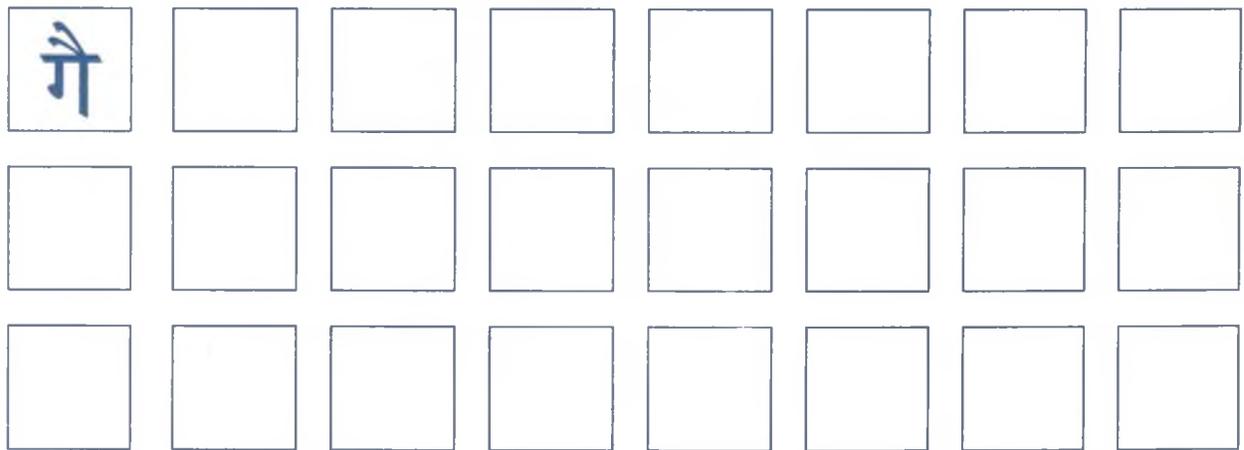
For example: **gai**

Pronounce this letter several times.

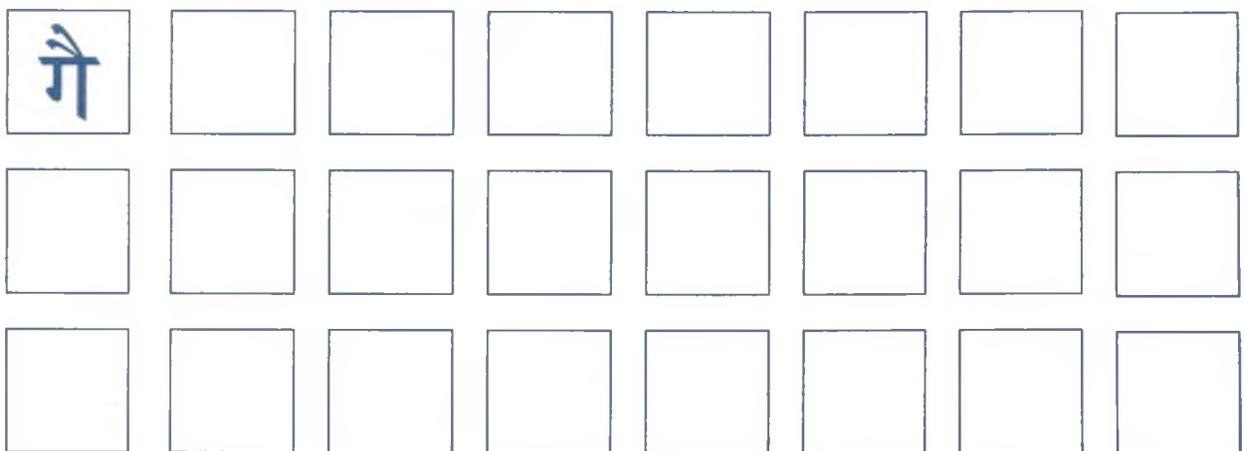
Now trace the letter:



Now write the letter yourself:



After several days, practice writing the letter again:





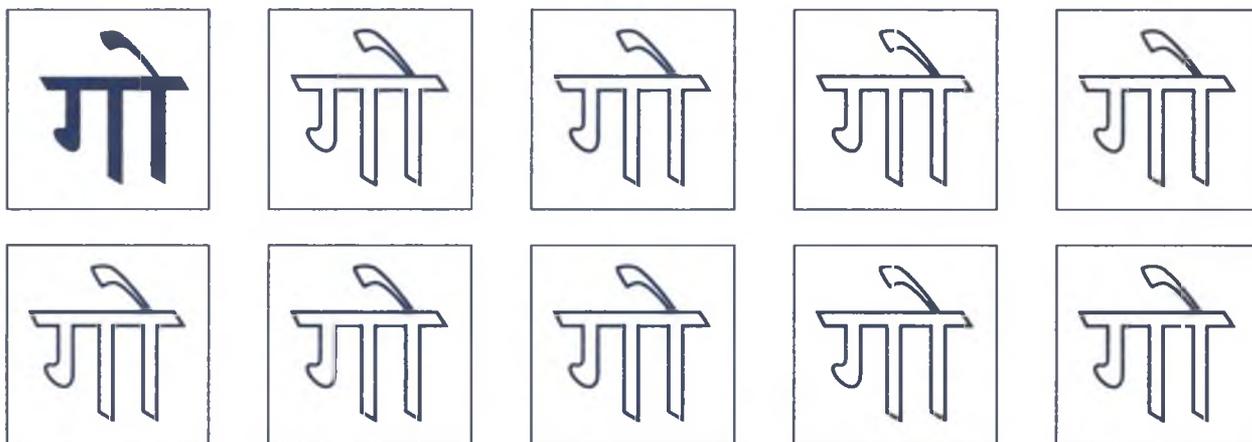
गो = go

go like the English word “go”

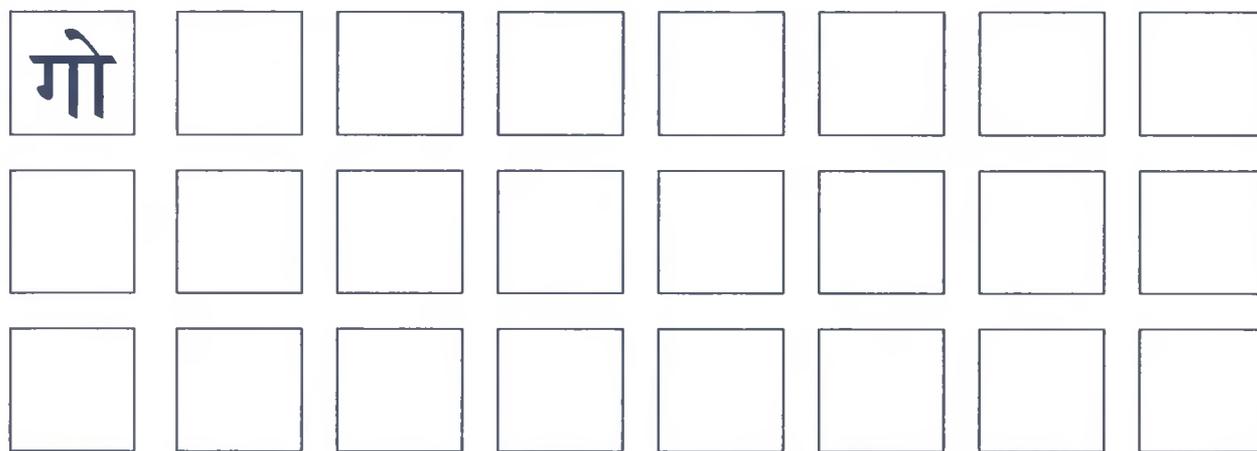
For example: gopī

Pronounce this letter several times.

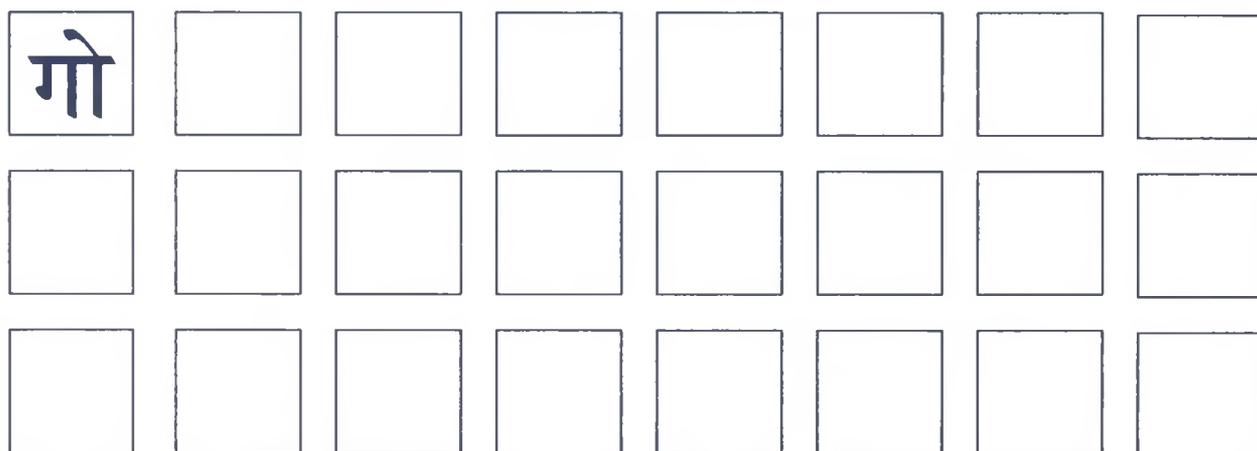
Now trace the letter:



Now write the letter yourself:



After several days, practice writing the letter again:





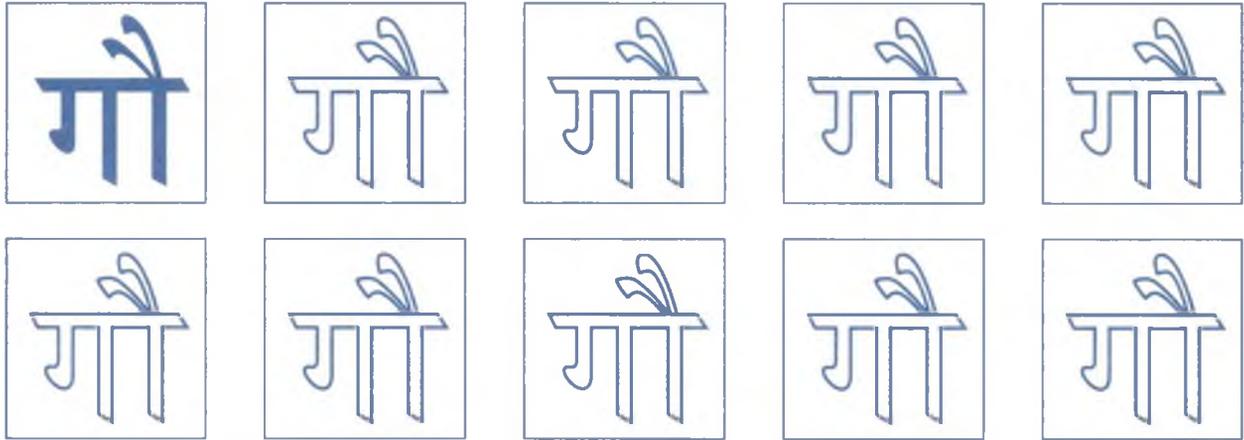
गौ = gau

gau like the “gow” in gown

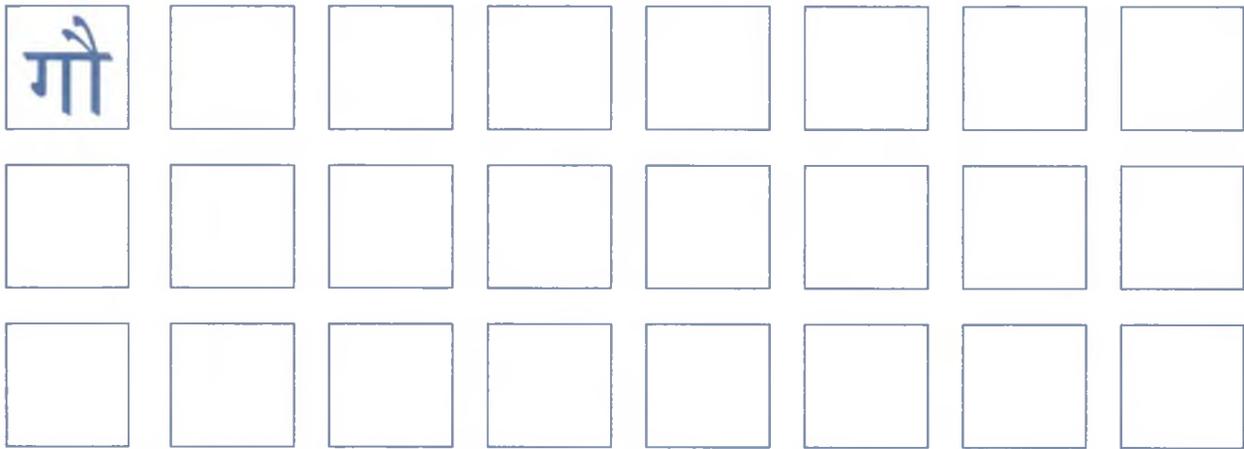
For example: **Gaurī**

Pronounce this letter several times.

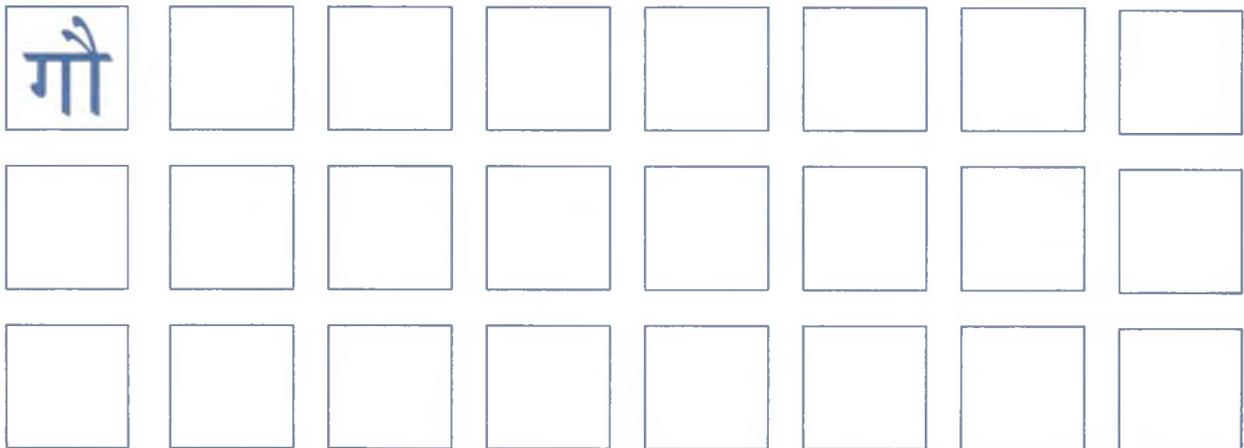
Now trace the letter:



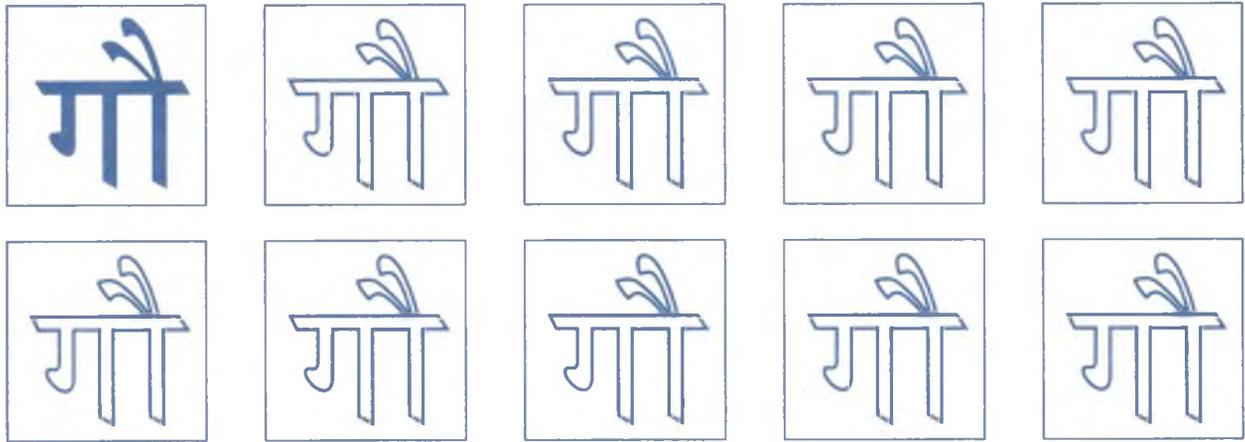
Now write the letter yourself:



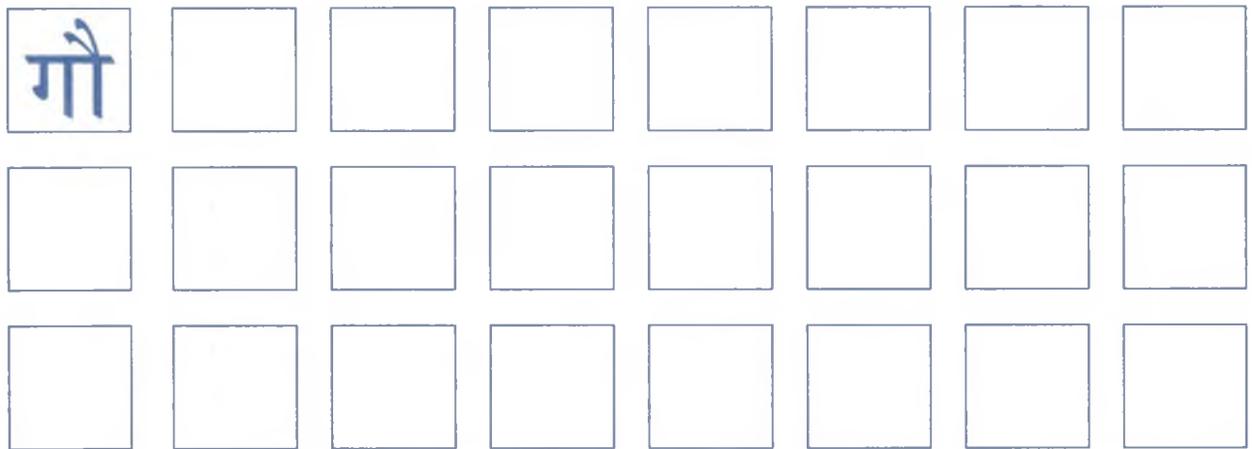
After several days, practice writing the letter again:



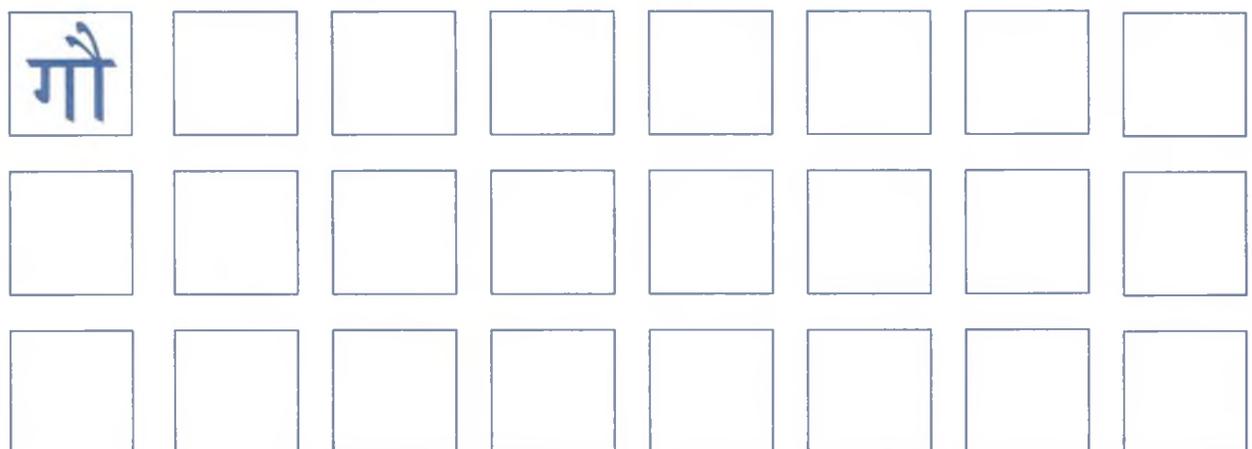
Now trace the letter:



Now write the letter yourself:



After several days, practice writing the letter again:





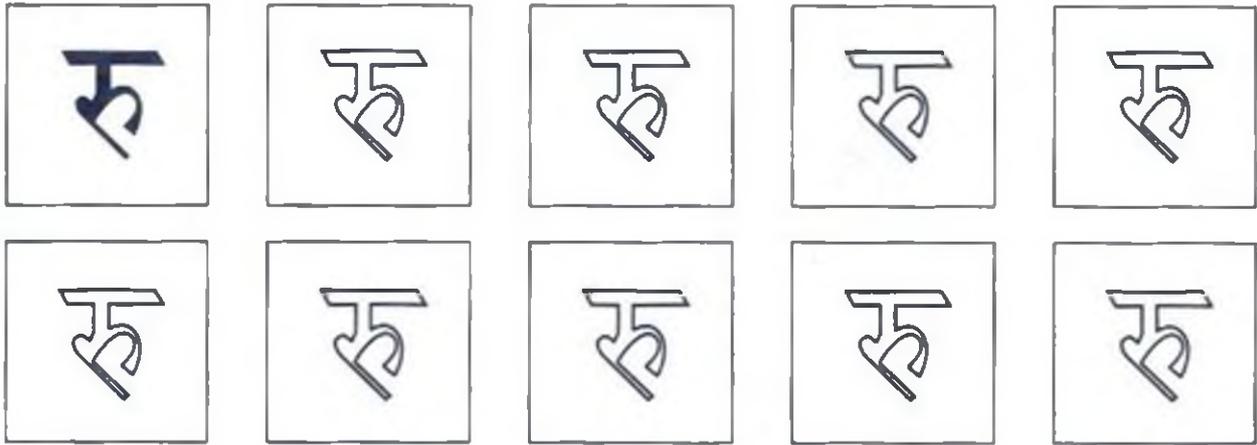
रु = ru

ru like the “roo” in root

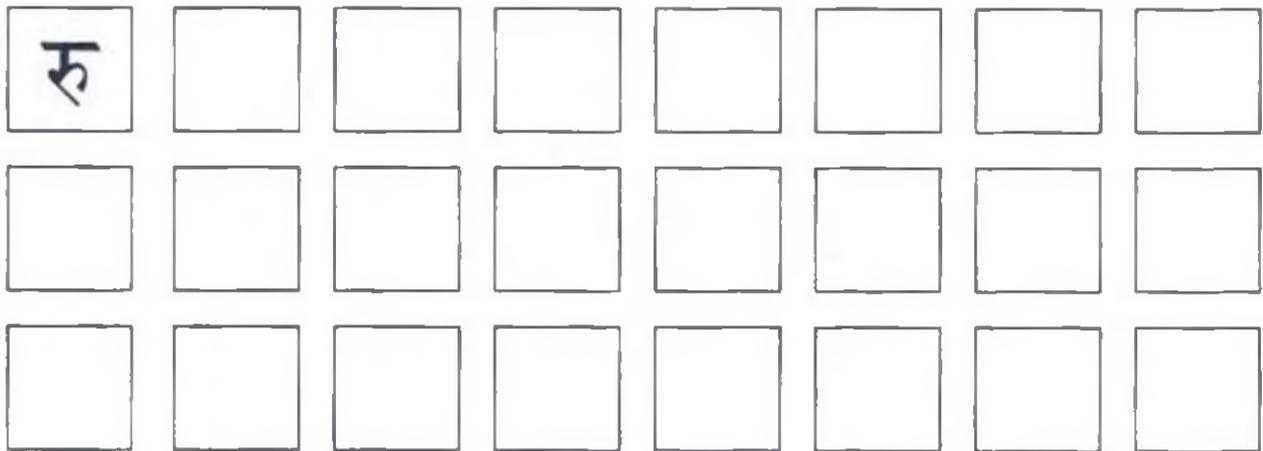
For example: **guru**

Pronounce this letter several times.

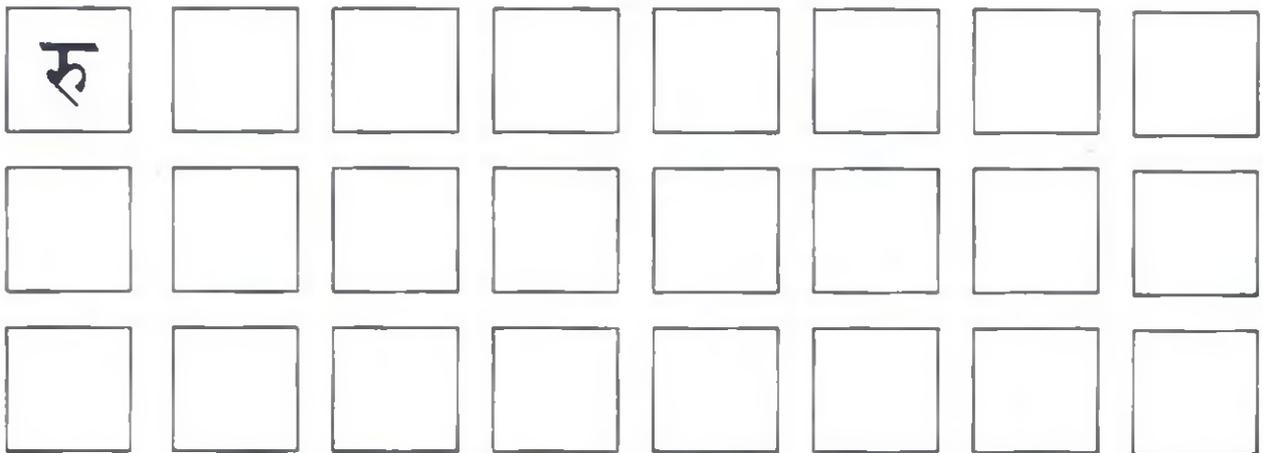
Now trace the letter:



Now write the letter yourself:



After several days, practice writing the letter again:





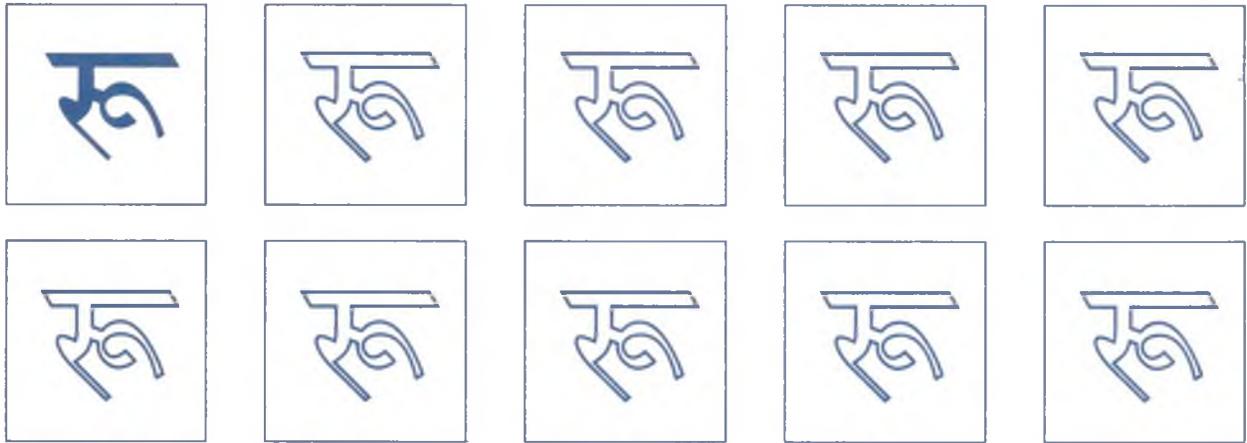
रू = rū

rū like the “ru” in rule

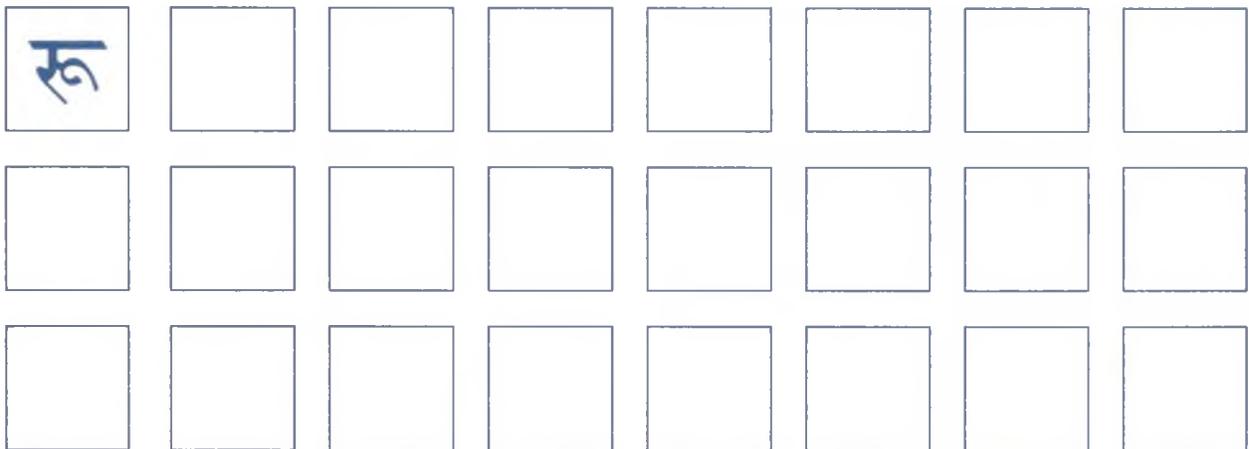
For example: rūpam

Pronounce this letter several times.

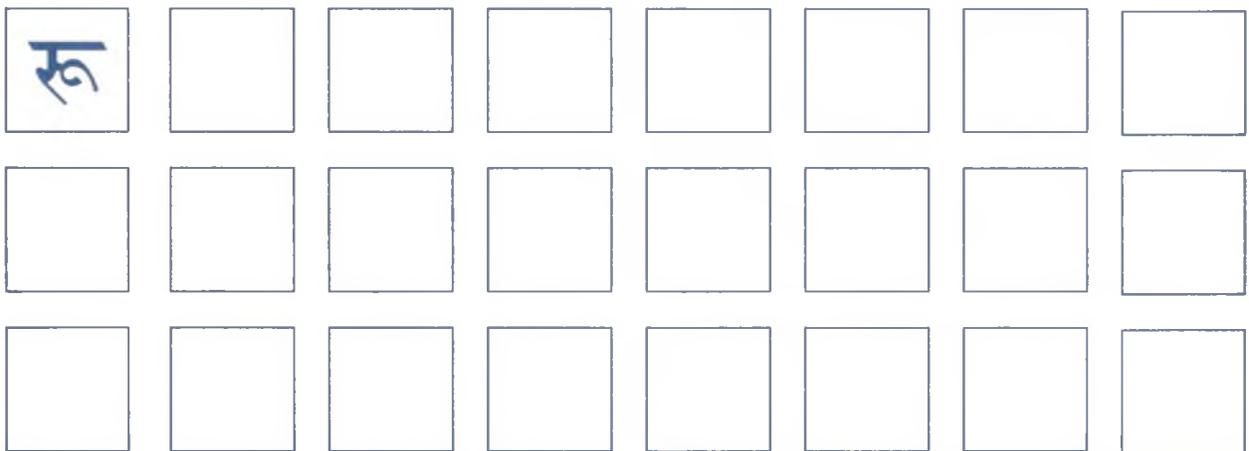
Now trace the letter:



Now write the letter yourself:



After several days, practice writing the letter again:



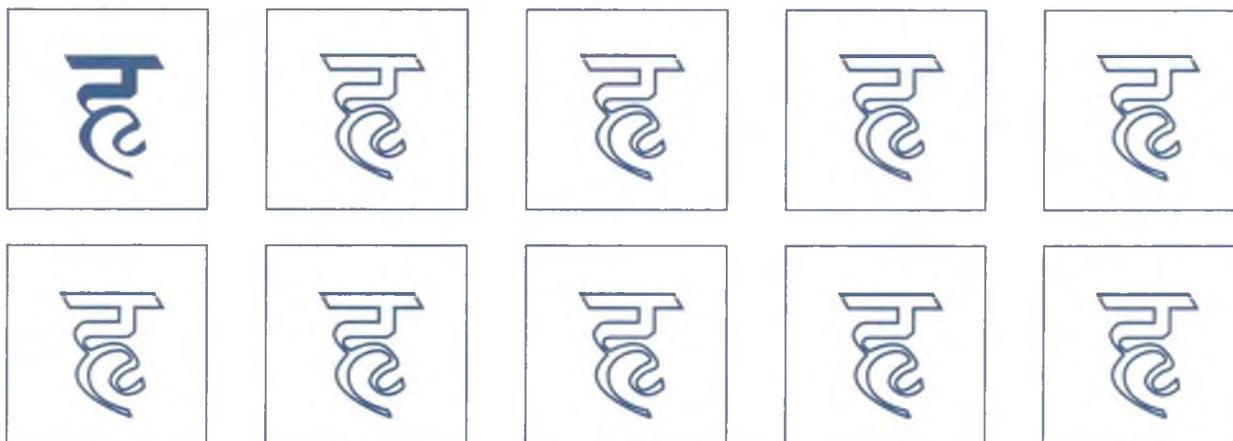


ह्र̥ = hr̥

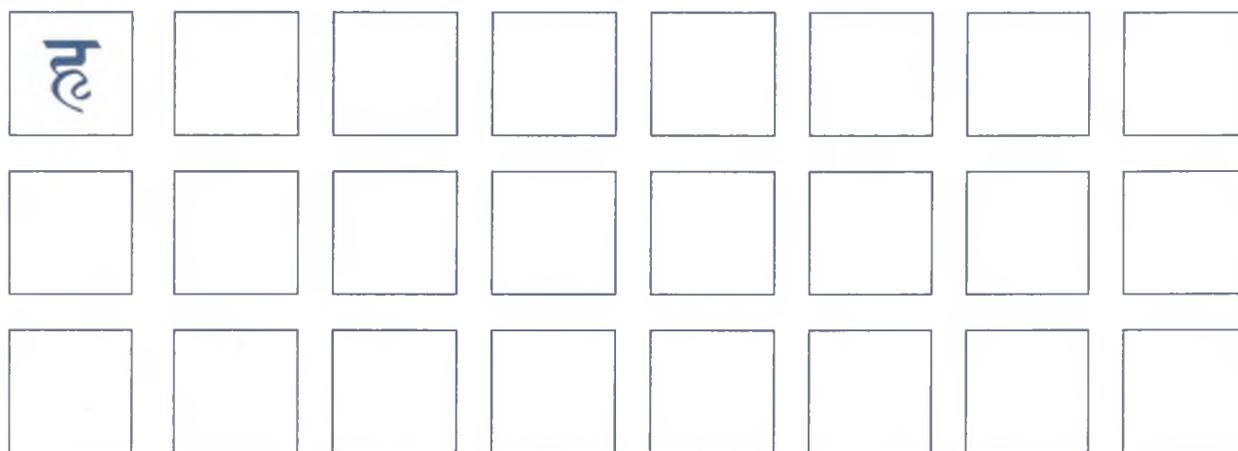
For example: hr̥dayam

Pronounce this letter several times.

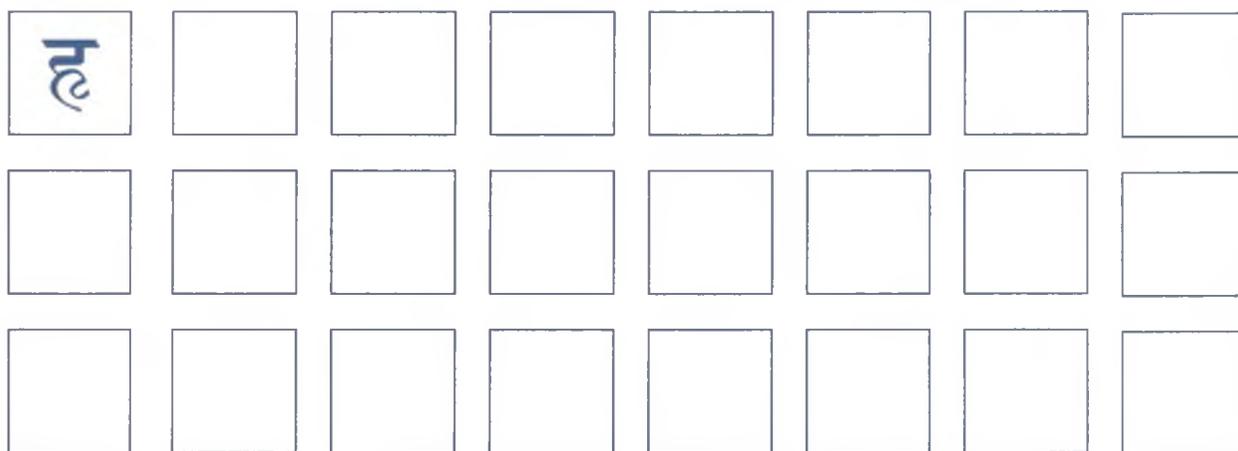
Now trace the letter:



Now write the letter yourself:



After several days, practice writing the letter again:



Pronounce these letters:

च् चा
चि ची

Answers:

च् = c

चा = cā

चि = ci

ची = cī

Now trace the letters:

च

चा

चि

ची

च

चा

चि

ची

Now write the letters yourself:

च

चा

चि

ची

After several days, practice writing the letters again:

च

चा

चि

ची

Pronounce these letters:

पे

पै

पो

पौ

Answers:

पे = pe

पै = pai

पो = po

पौ = pau

Now trace the letters:

पे

पै

पो

पौ

पे

पै

पो

पौ

Now write the letters yourself:

पे

पै

पो

पौ

After several days, practice writing the letters again:

पे

पै

पो

पौ

Pronounce this word:

ऋक्

Answer:

ऋक् = ṛk

This may also be written as **rik**.

Now trace the word:

ऋक्

ऋक्

ऋक्

ऋक्

ऋक्

ऋक्

Now write the word yourself:

ऋक्

After several days, practice writing the word again:

ऋक्

Pronounce this word:

सीता

Answer:

सीता = Sītā

Each syllable ends in a vowel. For example:

सी ता = Sī tā

Now trace the word:

सीता

सीता

सीता

सीता

सीता

सीता

Now write the word yourself:

सीता

After several days, practice writing the word again:

सीता

Pronounce these words:

जय गुरु देव

Answer:

जय गुरु देव = **Jaya Guru Deva**

The word **Jai** is derived from the Sanskrit **Jaya**.

Now trace the words

जय

गुरु

देव

जय

गुरु

देव

Now write the words yourself:

जय						
गुरु						
देव						

After several days, practice writing the words again:

जय						
गुरु						
देव						

Pronounce this word:

उपनिषद्

Answer:

उपनिषद् = Upaniṣad

उ प नि ष द् = U pa ni ṣ ad

In this word, only the last syllable ends in a consonant.

Now trace the word:

उपनिषद्

उपनिषद्

उपनिषद्

उपनिषद्

Now write the word yourself:

उपनिषद्

After several days, practice writing the word again:

उपनिषद्

Pronounce this word:

संहिता

Answer:

संहिता = Saṁhitā

Syllables can also end with **anusvāra** (ṁ) or **visarga** (ḥ).

For example:

सं हि ता = Saṁ hi tā

Now trace the word:



Now write the word yourself:

संहिता			

After several days, practice writing the word again:

संहिता			



REVIEW

Pronounce these letters:

	A	E	G	D	E	F
①	अ	हो	गा	नि	रा	म
②	सी	ता	खा	औ	तु	जि
③	गी	ता	फ	ल	भू	नृ
④	ऋ	षि	इ	ति	हा	स
⑤	ए	व	ज	य	ते	ह

Answers:

	Ⓐ	Ⓑ	Ⓒ	Ⓓ	Ⓔ	Ⓕ
①	a	ho	gā	ni	rā	ma
②	sī	tā	khā	au	tu	ji
③	gī	tā	pha	la	bhū	nṛ
④	ṛ	ṣi	i	ti	hā	sa
⑤	e	va	ja	ya	te	ha

Practice pronouncing these words in any order:

A

B

1

राजन्

करुणा

2

मधु

मेरु

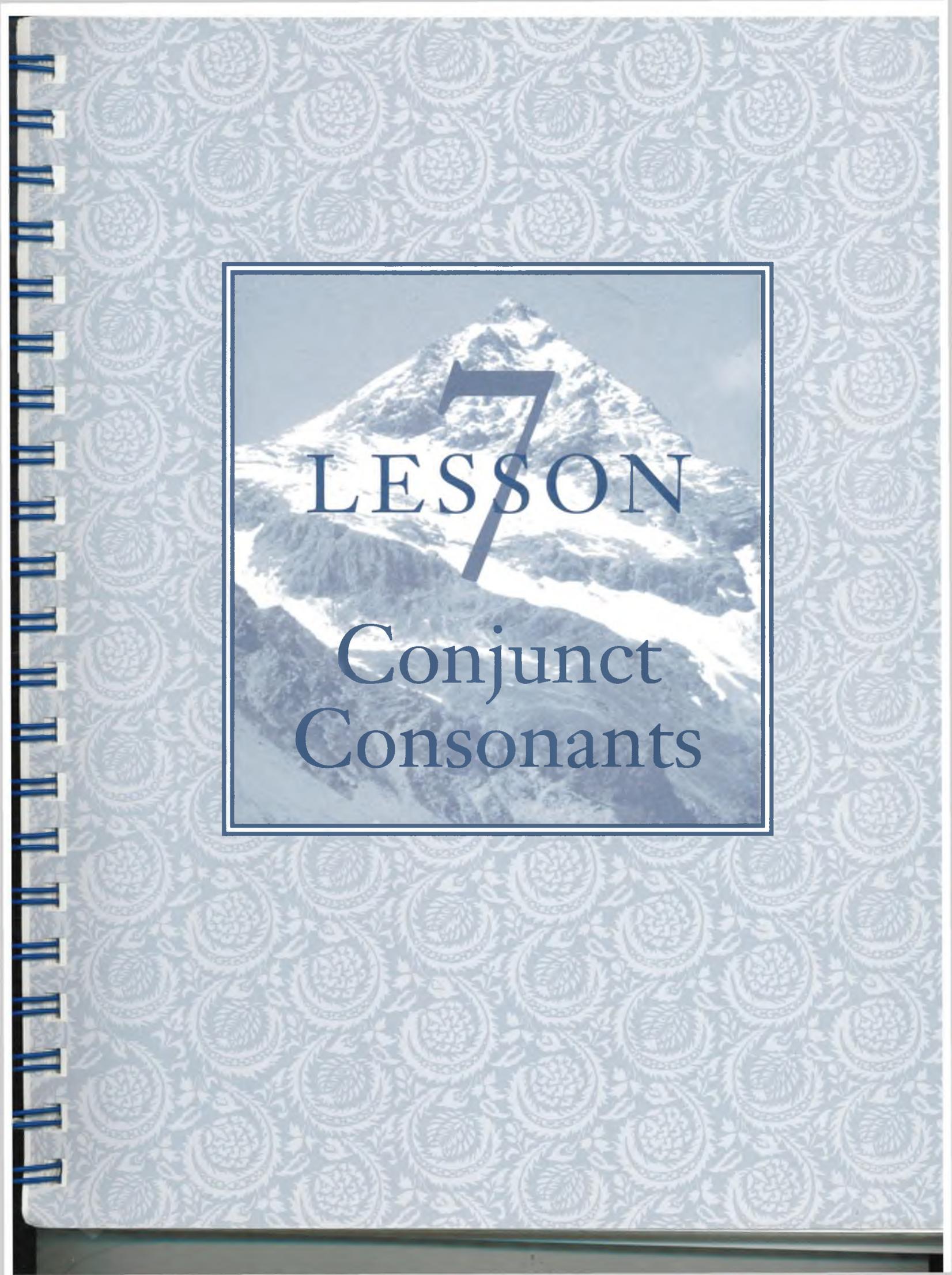
3

वाक्

पृथिवी

Answers:

	A	B
①	rājan	karuṇā
②	madhu	meru
③	vāk	ṛṥhivī



7
LESSON

Conjunct
Consonants

Pronounce the following combinations of letters:

	A	B
1	त्य	स्थ
2	व्य	ग्र
3	च्छ	प्र
4	ष्य	ल्य
5	ज्य	न्य
6	न्त	क्ल

Answers:

Ⓐ

Ⓑ

①	tya	stha
②	vya	gna
③	ccha	pta
④	ṣya	lpa
⑤	jya	nya
⑥	nta	kla

Pronounce the following letters and words:

Ⓐ

Ⓑ

①	न्या	न्याय
②	स्मृ	स्मृति
③	ज्यो	ज्योति
④	स्ते	नमस्ते
⑤	ञ्ज	पतञ्जलि
⑥	ग्नि	अग्नि
⑦	स्था	स्थापत्य

Answers:

	Ⓐ	Ⓑ
①	nyā	Nyāya
②	smṛ	Smṛti
③	jyo	jyoti
④	ste	namaste
⑤	ñja	Patañjali
⑥	gni	Agni
⑦	sthā	Sthāpatya

Pronounce the following letters and words:

A

B

①	त्य	नित्य
②	मे	मेरु
③	द्धि	सिद्धि
④	ज्ञा	गज्ञा
⑤	ष्टि	दृष्टि
⑥	म्य	साम्य
⑦	ओ	ओजस्
⑧	स्ते	अस्तेय
⑨	त्म	आत्मन्
⑩	द्गी	भगवद्गीता

Answers:

	A	B
①	tya	nitya
②	me	meru
③	ddhi	siddhi
④	ṅā	Gaṅgā
⑤	ṣṭi	drṣṭi
⑥	mya	sāmya
⑦	o	ojas
⑧	ste	asteya
⑨	tma	ātman
⑩	dgi	Bhagavad-Gītā

Pronounce the following letters and words:

Ⓐ

Ⓑ

①	स्य	रहस्य
②	ली	लीला
③	रा	राजन्
④	धि	समाधि
⑤	मा	माया
⑥	ण्डु	पाण्डु
⑦	त्य	सत्य
⑧	द्धि	शुद्धि
⑨	न्म	जन्मन्
⑩	रु	करुणा

Answers:

	A	B
1	sya	rahasya
2	lī	līlā
3	rā	rājan
4	dhi	samādhi
5	mā	māyā
6	ṇḍu	Pāṇḍu
7	tya	satya
8	ddhi	śuddhi
9	nma	janman
10	ru	karuṇā

Pronounce the following letters and words:

Ⓐ

Ⓑ

①	प्र	प्रकृति
②	र्य	सूर्य
③	ब्र	ब्रह्मन्
④	न्ति	शान्ति
⑤	तु	तुरीय
⑥	पृ	पृथिवी
⑦	प्रि	प्रिय
⑧	ऋ	ऋषि
⑨	सृ	सृष्टि
⑩	प्र	प्रलय

Answers:

	Ⓐ	Ⓑ
①	pra	prakṛti
②	rya	sūrya
③	bra	brahman
④	nti	śānti
⑤	tu	turiya
⑥	pṛ	pṛthivī
⑦	pri	priya
⑧	ṛ	ṛṣi
⑨	sṛ	sṛṣṭi
⑩	pra	pralaya

Pronounce the following letters and words:

Ⓐ

Ⓑ

①	क्ष	क्षत्रिय
②	द्या	विद्या
③	र्य	आचार्य
④	क्ति	भक्ति
⑤	ज्ञा	प्रज्ञा
⑥	द्धि	बुद्धि
⑦	र्य	वीर्य
⑧	श्रु	श्रुति
⑨	त्रे	त्रेता
⑩	र्म	कर्मन्

Answers:

	A	B
1	kṣa	kṣatriya
2	dyā	vidyā
3	rya	ācārya
4	kti	bhakti
5	jñā	prajñā
6	ddhi	buddhi
7	rya	vīrya
8	śru	śruti
9	tre	tretā
10	rma	karman

Pronounce the following words:

	A	B	C	D
1	हनुमान्	वृत्ति	जगत्	अविद्या
2	कवि	वाक्	योगिन्	धारणा
3	देवनागरी	ध्यानम्	चित्	समाधि
4	आयुः	आत्मन्	धातु	योगस्थः
5	शान्ति	वायु	तेजस्	उपनिषद्
6	तपस्या	नित्य	पाणिनि	वाल्मीकि

Answers:

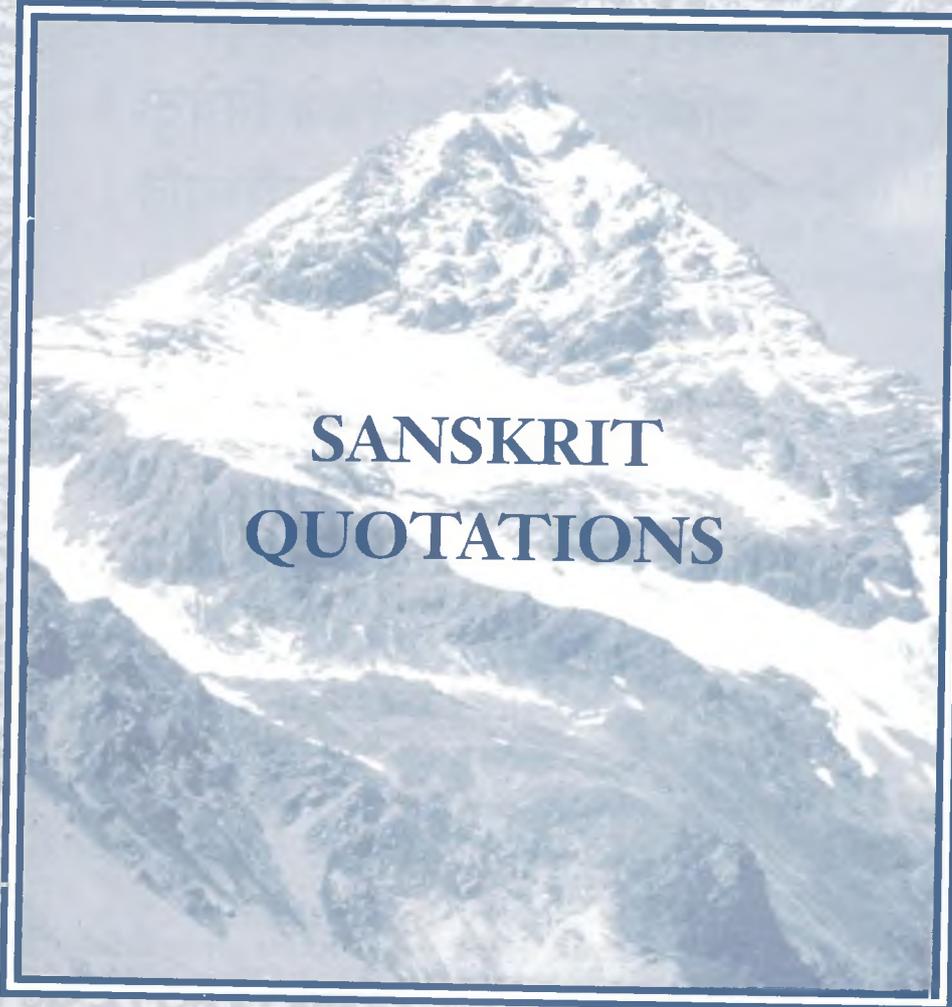
	Ⓐ	Ⓑ	Ⓒ	Ⓓ
①	Hanumān	vṛtti	jagat	avidyā
②	kavi	vāk	yogin	dhāraṇā
③	devanāgarī	dhyānam	cit	samādhi
④	āyuh	ātman	dhātu	yogasthaḥ
⑤	śānti	vāyu	tejas	Upaniṣad
⑥	tapasyā	nitya	Pāṇini	Vālmīki

Pronounce the following words:

	Ⓐ	Ⓑ	Ⓒ	Ⓓ
①	स्वस्ति	मुक्ति	माला	हिरण्य
②	आपस्	शिष्य	शक्ति	सूर्यः
③	शिक्षा	चन्द्रः	सत्	मङ्गलः
④	मधुरः	बुधः	प्राम्लः	गुरुः
⑤	लवणः	शुक्रः	कटुः	शनिः
⑥	कषायः	राहुः	तिक्तः	केतुः

Answers:

	(A)	(B)	(C)	(D)
1	svasti	mukti	mālā	hiranya
2	āpas	śiṣya	śakti	sūryaḥ
3	Śikṣā	candraḥ	sat	maṅgalaḥ
4	madhuraḥ	budhaḥ	āmlaḥ	guruḥ
5	lavaṇaḥ	śukraḥ	kaṭuḥ	śaniḥ
6	kaṣāyaḥ	rāhuḥ	tiktaḥ	ketuḥ



SANSKRIT QUOTATIONS

All of the translations that follow are by His Holiness Maharishi Mahesh Yogi.

ऋचो अक्षरे परमे व्योमन्
यस्मिन्देवा अधि विश्वे निषेदुः ।
यस्तन्न वेद किमृचा करिष्यति
य इत्तद्विदुस्त इमे समासते ॥

ṛco akṣare parame vyoman
yasmin devā adhi viśve niṣeduh.
yastanna veda kimṛcā kariṣyati
ya ittadvidus ta ime samāsate.

The verses of the Veda exist in the collapse of fullness (the kshara of 'A') in the transcendental field, the Self,

In which reside all the devas, the impulses of creative intelligence, the laws of nature responsible for the whole manifest universe.

He whose awareness is not open to this field, what can the verses accomplish for him?

Those who know this level of reality are established in evenness, wholeness of life.

—Rik Veda 1.164.39

1. यतीनां ब्रह्मा भवति सारथिः ।

yatinām brahmā bhavati sārathiḥ.

For those who are established in the singularity of fully awake, self-referral consciousness, Brahman, the Creator—the infinite organizing power of Natural Law—becomes the charioteer of all activity.

—Rik Veda 1.158.6

2. दूरेद्रुशं गृहपतिमथर्युम् ।

dūre-dr̥ṣam gr̥ha-patim atharyum.

Far in the distance is seen the owner of the house, reverberating.

—Rik Veda 7.1.1

3. सत्यमेव जयते ।

satyam eva jayate.

Truth alone triumphs.

—Mundaka Upaniṣad 3.1.6

4. अहं ब्रह्मास्मि ।

ahaṁ brahmāsmi.

I am the totality.

—Bṛhadāraṇyaka Upaniṣad 1.4.10

1. निसत्रैगुण्यो भवार्जुन ।

nistraiguṇyo bhavāṛjuna.

Be without the three gunas, O Arjuna.

—Bhagavad-Gītā 2.45

2. योगस्थः कुरु कर्माणि ।

yogasthaḥ kuru karmāṇi.

Established in Yoga perform actions.

—Bhagavad-Gītā 2.48

3. प्रकृतिं स्वामवष्टभ्य विसृजामि पुनः पुनः ।

prakṛtiṃ svām avasṭabhya visṛjāmi punaḥ punaḥ.

Taking recourse to my own self-referral nature, I create again and again.

—Bhagavad-Gītā 9.8

4. मयाध्यक्षेण प्रकृतिः सूयते सचराचरम् ।

mayādhyakṣeṇa prakṛtiḥ sūyate sacarācaram.

Under my presidentship my nature creates and administers the universe.

—Bhagavad-Gītā 9.10

1. हेयं दुःखमनागतम् ।

heyam duḥkham anāgatam.

Avert the danger which has not yet come.

—Yoga Sūtras 2.16

2. तत्सृष्ट्वा तदेवानुप्राविशत् ।

tat sṛṣṭvā tad evānuprāviśat.

Having created the creation, the creator entered into it.

—Taittirīya Upaniṣad 2.6.1

3. आनन्दाद्ध्येव खल्विमानि भूतानि जायन्ते ।

आनन्देन जातानि जीवन्ति ।

आनन्दं प्रयन्त्यभिसंविशन्ति ॥

ānandād dhyeva khalv imāni bhūtāni jāyante.

ānandena jātāni jīvanti.

ānandaṃ prayantya abhisamviśanti.

Out of bliss these beings are born,

In bliss they are sustained,

And to bliss they go and merge again.

—Taittirīya Upaniṣad 3.6.1

सह नाववतु ।
सह नौ भुनक्तु ।
सह वीर्यं करवावहै ।
तेजस्वि नावधीतमस्तु ।
मा विद्विषावहै ॥

saha nāv avatu.
saha nau bhunaktu.
saha vīryaṃ karavāvahai.
tejasvi nāv adhītam astu.
mā vidviṣāvahai.

Let us be together.
Let us eat together.
Let us be vital together.
Let us be radiating truth,
radiating the light of life.
Never shall we denounce anyone,
never entertain negativity.

—Upaniṣads

1. सत्यं ब्रूयात्प्रियं ब्रूयात् ।

satyaṃ brūyāt priyaṃ brūyāt.

Speak the sweet truth.

—Manu Smṛti

2. निवर्तध्वम् ।

nivartadhvam.

Transcend.

—Rik Veda 10.19.1

3. शिवं शान्तमद्वैतं चतुर्थं मन्यन्ते स आत्मा
स विज्ञेयः ।

śivaṃ śāntam advaitaṃ caturthaṃ manyante sa ātmā
sa vijñeyaḥ.

The peaceful, the blissful, the undivided is thought to be the fourth; that is the Self. That is to be known.

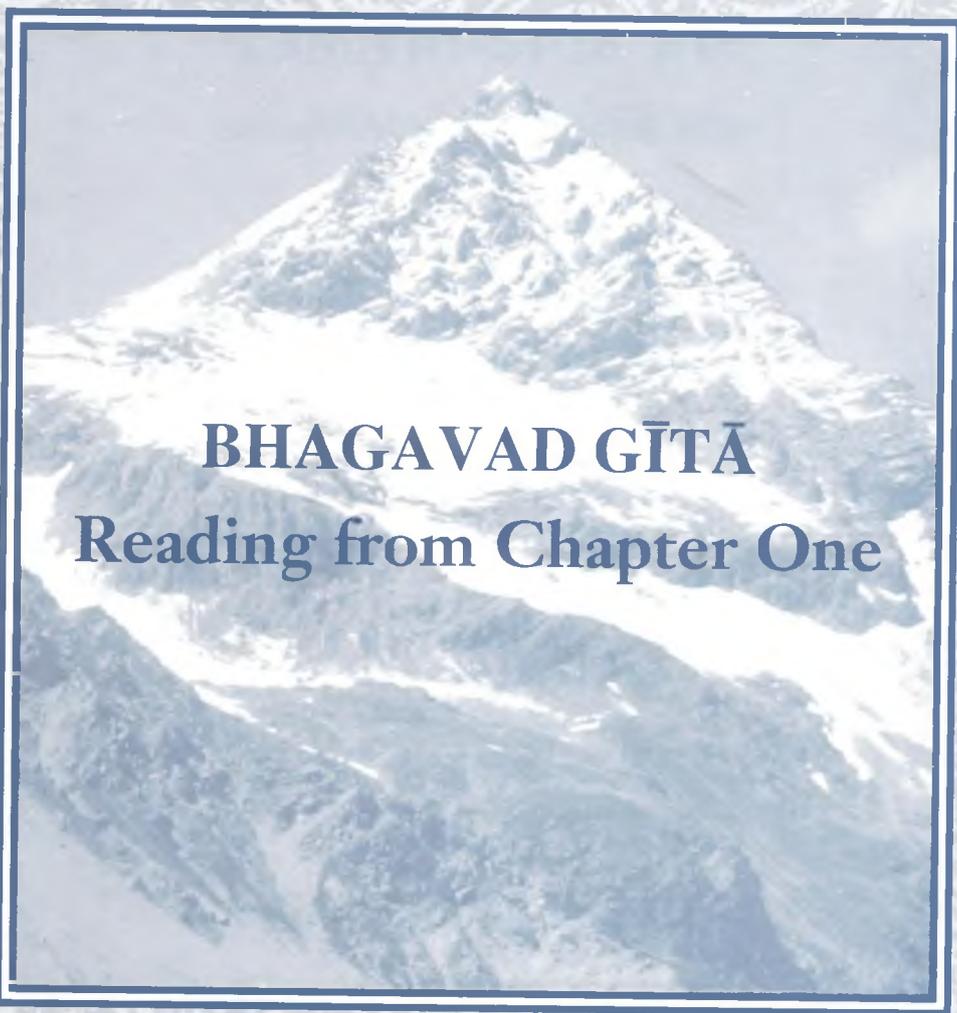
—Nṛsiṃhottaratāpanīya Upaniṣad 1

4. वसुधैव कुटुम्बकम् ।

vasudhaiva kuṭumbakam.

The world is my family.

—Mahā Upaniṣad 6.71



BHAGAVAD GĪTĀ
Reading from Chapter One

अथ श्रीमद्भगवद्गीता ।

atha Śrīmad Bhagavad-Gītā.

प्रथमोऽध्यायः ।

prathamo 'dhyāyaḥ. *

धृतराष्ट्र उवाच ।

Dhṛtarāṣṭra uvāca.

धर्मक्षेत्रे कुरुक्षेत्रे

समवेता युयुत्सवः ।

मामकाः पाण्डवाश्चैव

किमकुर्वत सञ्जय ॥ १ ॥

dharma-kṣetre kuru-kṣetre

samavetā yuyutsavaḥ.

māmakāḥ pāṇḍavāś caiva

kim akurvata sañjaya. 1.

*The apostrophe ('), written in devanāgarī by ऽ, represents the missing letter a.

सञ्जय उवाच ।

Sañjaya uvāca.

दृष्ट्वा तु पाण्डवानीकं
व्यूढं दुर्योधनस्तदा ।
आचार्यमुपसङ्गम्य
राजा वचनमब्रवीत् ॥ २ ॥

dr̥ṣṭvā tu pāṇḍavānikam
vyūḍham duryodhanas tadā.
ācāryam upasaṅgamyā
rājā vacanam abravīt. 2.

पश्यैतां पाण्डुपुत्राणाम्
आचार्य महतीं चमूम् ।
व्यूढां द्रुपदपुत्रेण
तव शिष्येण धीमता ॥ ३ ॥

paśyaitāṃ pāṇḍu-putrāṅām
ācārya mahatīm camūm.
vyūḍhām drupada-putreṇa
tava śiṣyena dhimatā. 3.

अत्र शूरा महेष्वासा
भीमार्जुनसमा युधि ।
युयुधानो विराटश्च
द्रुपदश्च महारथः ॥ ४ ॥

atra śūrā maheṣvāsā
bhīmārjuna-samā yudhi.
yuyudhāno virāṭaś ca
drupadaś ca mahā-rathaḥ. 4.

धृष्टकेतुश्चेकितानः
काशिराजश्च वीर्यवान् ।
पुरुजित्कुन्तिभोजश्च
शैब्यश्च नरपुङ्गवः ॥ ५ ॥

dhṛṣṭaketuś cekitānaḥ
kāśi-rājaś ca vīryavān.
purujit kuntibhojaś ca
śaibyaś ca nara-puṅgavaḥ. 5.

युधामन्युश्च विक्रान्त
उत्तमौजाश्च वीर्यवान् ।
सौभद्रो द्रौपदेयाश्च
सर्व एव महारथाः ॥ ६ ॥

yudhāmanyuś ca vikrānta
uttamaujāś ca vīryavān.
saubhadro draupadeyāś ca
sarva eva mahā-rathāḥ. 6.

अस्माकं तु विशिष्टा ये
तान्निबोध द्विजोत्तम ।
नायका मम सैन्यस्य
संज्ञार्थं तान्ब्रवीमि ते ॥ ७ ॥

asmākaṃ tu viśiṣṭā ye
tān nibodha dvijottama.
nāyakā mama sainyasya
saṃjñārthaṃ tān bravīmi te. 7.

भवान्भीष्मश्च कर्णश्च
कृपश्च समितिञ्जयः ।
अश्वत्थामा विकर्णश्च
सौमदत्तिस्तथैव च ॥ ८ ॥

bhavān bhīṣmaś ca karṇaś ca
kṛpaś ca samitiñjayaḥ.
aśvatthāmā vikarṇaś ca
saumadattis tathaiva ca. 8.

अन्ये च बहवः शूरा
मदर्थे त्यक्तजीविताः ।
नानाशस प्रहरणाः
सर्वे युद्धविशारदाः ॥ ९ ॥

anye ca bahavaḥ śūrā
mad-arthe tyakta-jīvitāḥ.
nānā-śastra-praharaṇāḥ
sarve yuddha-viśāradāḥ. 9.

अपर्याप्तं तदस्माकं
बलं भीष्माभिरक्षितम् ।
पर्याप्तं त्विदमेतेषां
बलं भीमाभिरक्षितम् ॥ १० ॥

aparyāptaṁ tad asmākaṁ
balaṁ bhīṣmābhirakṣitam.
paryāptaṁ tv idam eteṣāṁ
balaṁ bhīmābhirakṣitam. 10.

अयनेषु च सर्वेषु
यथाभागमवस्थिताः ।
भीष्ममेवाभिरक्षन्तु
भवन्तः सर्व एव हि ॥ ११ ॥

ayaneṣu ca sarveṣu
yathā-bhāgam avasthitāḥ.
bhīṣmam evābhirakṣantu
bhavantaḥ sarva eva hi. 11.

तस्य संजनयन्हर्षं
कुरुवृद्धः पितामहः ।
सिंहनादं विनद्योच्चैः
शङ्खं दध्मौ प्रतापवान् ॥ १२ ॥

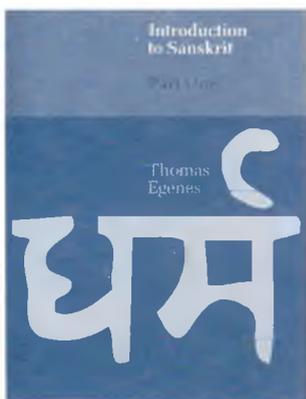
tasya saṁjanayan harṣaṁ
kuru-vṛddhaḥ pitāmahah.
siṁha-nādaṁ vinadyoccaiḥ
śaṅkhaṁ dadhmau pratāpavān. 12.

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