Prayers and Teachings in the Hindu Tradition
Spiritual Care Service at El Camino Hospital

The work of our Spiritual Care Service is the ministry of presence to the El Camino Hospital Mountain View and Los Gatos communities. Since 1967, men and women from a variety of faith communities have walked alongside patients, families and staff during times of crisis, transition and change, providing encouragement, comfort and hope. Their caring presence and supportive attitudes provide spiritual, religious and practical resources. They honor and respect each person’s beliefs, recognizing them as integral to the healing process.

Our Spiritual Care Services offer supportive visits, Eucharistic ministry, connection to community faith traditions and clergy. We offer a wide range of reading and inspirational material to our patients, families and staff.

If you are staying in Mountain View, you may contact the hospital Chaplain between 7:30 a.m. and 4:00 p.m. Monday through Friday by calling 650-988-7568. From inside the hospital simply dial extension 7568 on your bedside phone.

If you are staying in Los Gatos, you may contact the hospital Chaplain by calling 408-866-3860. From inside the hospital simply dial extension 3860 on your bedside phone. If the Chaplain is out, you will hear a voice message advising you of their return.

In the evenings, on weekends, during Holiday’s and at times when the Chaplain is away, please ask your nurse for assistance or contact the hospital operator and ask to be connected to the Hospital Supervisor. They will contact your clergy, a local minister of your faith, or the Chaplain if available.

Front Cover: According to Hinduism, within each human inhabiting the earth there is the spirit of the sacred Lotus. It represents eternity, purity and divinity and is widely used as a symbol of life, fertility, ever-renewing youth and beauty.
O Father of the Earth, by fixed laws ruling,
O Father of the Heavens, pray' protect us,
O Father of the great and shining Waters!
What God shall we adore with our oblation?
O Lord of creatures, Father of all beings,
You alone pervade all that has come to birth.
Grant us our heart's desire for which we pray
May we become the Lords of many treasures!

Reg-Vida

Yea! knowing Me the source of all, by Me all creatures wrought,
The wise in spirit cleave to Me, into My Being brought; Hearts
fixed on Me; breaths breathed to Me; praising Me, each to each
So have they happiness and peace with pious thought and
speech; And unto these-thus serving well, thus loving ceaselessly
--I give a mind of perfect mood, whereby they draw to Me; And,
all for love of them, within their darkened souls I dwell, And, with
bright rays of wisdom’s lamp, their ignorance dispel.

Bhagavad Gita

All sorrow comes from fear. From nothing else. When you know
this, You become free of it, And desire melts away. You become
happy And still.

Ashtavakra Gita

O self-radiant and omnipresent God, You are the ultimate Reality
pervading the entire universe. You protect the innocent...
May we be provided with the strength to fight and drive away
disease, suffering, evil and sin. Whatever I own is for You, my
Lord; it is not for myself.

The Hindu Prayer Book

O almighty God, may my tongue be ever-blessed with the power
of speech, may my nostrils be blessed with healthy and vital air,
may my eyes be blessed with the perfect power of sight, ears
with the perfect power of hearing, arms with strength, legs with
vitality. May all the parts of my body be in perfect health...

The Hindu Prayer Book

Shanti (Peace) - Shanti - Shanti

May there be peace
in the higher realms;
may there be peace
in the firmament;
may there be
peace on earth.
May the Waters
flow peacefully;
may the herbs and plants
grow peacefully;
may all
the divine powers
bring unto us
peace.
The Supreme Lord is peace.
May we all be in peace,
peace, and only peace;
and may that peace
come unto each of us.

Every thought of my mind, every emotion of my heart, every
movement of my being, every feeling and every sensation, each
cell of my body, each drop of my blood -- all, all is yours, yours
absolutely, yours without reserve, you can decide my life or my
death, my happiness or my sorrow, my pleasure or my pain.
Whatever you do with me, whatever comes to me from you, will
lead me to the Divine Rapture.

Bhagavata Purana, Book of Prayer

Lord, may all be happy. O Lord grant happiness to all of us. May
no one be unhappy. May all be healthy and possess all the good
things of life. May all of us see goodness everywhere and all fol-
low the path of virtue and righteousness. May all your creation
be happy and no one be miserable.

The Hindu Prayer Book
Nay, but as when one layeth His worn-out robes away, and, taking new ones, sayeth, “These will I wear today!” So putteth by the spirit lightly its garb of flesh, and passeth to inherit a residence afresh.

I say to thee weapons reach not the Life; flame burns it not, waters cannot o’erwhelm, nor dry winds wither it. Impenetrable, unentered, unassailed, unharmed, untouched, immortal, all-arriving, stable, sure, invisible, ineffable, by word And thought uncompassed, ever all itself, Thus is the Soul declared! How wilt thou, then, knowing it so, grieve when thou shouldst not grieve? How, if thou hearest that the man new-dead is, like the man new-born, still living man-One same, existent Spirit-wilt thou weep?

_Bhagavad Gita_

Never fear that old age will invade that city; never fear that this inner treasure of all reality will wither and decay. This knows no age when the body ages; this knows no dying when the body dies. This is the real city of the Creator; this is the Self; free from old age, from death and grief; hunger and thirst. In the Self all desires are fulfilled.

_Chandogya Upanishad_

Four sorts of mortals know me: he who weeps, and the man who yearns to know; and he who toils to help; and he who sits certain of me, enlightened.

_SBhagavad Gita_

The sorrows of duty,
Like the heat of the sun,
Have scorched your heart.
But let stillness fall on you
With its sweet and cooling showers,
And you will find happiness.

_Ashvatthaka Gita_

That man alone is wise who keeps the mastery of himself! ...if one deals with objects of the sense not loving and not hating, making them serve his free soul, which rests serenely, Lord, Lo! such a man comes to tranquility; and out of that tranquility shall rise the end and healing of his earthly pains, since the will governed sets the soul at peace.

_Bhagavad Gita_

All things arise, Suffer change, And pass away. This is their nature. When you know this, Nothing perturbs you, Nothing hurts you. You become still. It is easy.

_Ashvatthaka Gita_

Truly do I exist in all beings, but I am most manifest in man. The human heart is My favorite dwelling place.

_Srimad Bhagavatam_

The reward for a good deed performed in this world will be enjoyed in the next world; when one waters the roots of trees fruits form at their branches.

_The Wisdom of Hinduism_

Those who remember me at the time of death will come to Me. Do not doubt this. Whatever occupies the mind at the time of death determines the destiny of the dying; always they will tend toward that state of being. Therefore, remember Me at all times.

_Bhagavad Gita_

Life cannot slay. Life is not slain! Never the spirit was born; the spirit shall cease to be never; never was time it was not; End and Beginning are dreams! Birthless and deathless and changeless remaineth the spirit forever; death hath not touched it at all, dead though the house of it seems! Who knoweth it exhaustless, self-sustained, immortal, indestructible, shall such Say, “I have killed a man, or caused to kill?”