

Śāntimantraḥ

शान्तिमन्त्रः

ॐ सह नावतु ।

सह नौ भुनक्तु ।

सह वीर्यं करवावहै ।

तेजस्विनावधीतमस्तु मा विद्विषावहै ॥

ॐ शान्तिः शान्तिः शान्तिः ॥

- क.उ-कृष्ण यजुर्वेद

Om saha nāvavatu ।

saha nau bhunaktu ।

saha vīryam karavāvahai ।

tejasvināvadhītamastu mā vidviṣāvahai ॥

Om Śāntiḥ Śāntiḥ Śāntiḥ ॥

- Ka.U - Kṛṣṇa Yajurveda

Om

Let Him protect both of us (Guru and Disciple).

May He bless us with the bliss of knowledge,

so that we enjoy what we do.

Let us put forth right effort.

May our study be brilliant.

Let there be no misunderstanding between us.

Om

Peace... Peace... Peace.

Daily Prayers

दैनिक प्रार्थना (Dainika Prārthanā)

Early Morning: Sitting on the bed; looking at the palms together:-

प्रातः काले (Prātaḥ kāle)

कराग्रे वसते लक्ष्मीः करमूले सरस्वती ।

करमध्ये तु गोविन्दः प्रभाते करदर्शनम् ॥

karāgre vasate Lakṣmīḥ karamūle Sarasvatī |

karamadhye tu Govindaḥ prabhāte karadarśanam ||

On the tip of the palm is Goddess Lakṣmī, on the base of the palm dwells Goddess Sarasvatī, in the middle of the palm is Lord Govinda – in this manner one should look at the palms upon waking up in the morning.

नमोऽस्त्वनन्ताय सहस्रमूर्तये सहस्रपादाक्षिशिरोरुबाहवे ।

सहस्रनाम्ने पुरुषाय शाश्वते सहस्रकोटियुगधारिणे नमः ॥

namo'stvanantāya sahasramūrtaye

sahasrapādākṣīśīrorubāhave |

sahasranāmne puruṣāya śāśvate

sahasrakoṭiyugadhāriṇe namaḥ ||

Salutations unto the eternal Self, who is infinite but appears in thousands of forms, with thousands of feet, eyes, heads and names. He is the indweller of all beings and is the supporter of all yugas (time).

Before stepping down from bed; Pray to Mother Earth with folded palms:-

समुद्रवसनेदेवि पर्वतस्तनमण्डले ।
विष्णुपत्नी नमस्तुभ्यं पादस्पर्श क्षमस्व मे ॥

samudravasane Devi parvatastanamaṇḍale ।

Viṣṇupatnī namastubhyaṁ pādasparsaṁ kṣamasva me ॥

O Goddess Mother Earth (consort of Lord Viṣṇu), my salutations unto Thee, whose dress is the ocean and whose bosom is the mountains. Please forgive me for touching Thee with my feet.

During Bath:-

स्नान समये (Snāna samaye)

गङ्गे च यमुने चैव गोदावरि सरस्वति ।
नर्मदे सिन्धु कावेरि जलेऽस्मिन् सन्निधिं कुरु ॥

Gaṅge ca Yamune caiva Godāvari Sarasvati ।

Narmade Sindhu Kāveri jale'smin sannidhiṁ kuru ॥

I take bath in this water, which is the water from all holy rivers such as the Ganges, the Yamunā, Godāvari and Sarasvati.

After Bath facing the Sun or in the East direction:-

सवितृ गायत्री मन्त्रः (Savitṛ Gāyatrī mantraḥ)

ॐ भूर्भुवस्सुवः । तत्सवितुर्वरेण्यं भर्गो देवस्य धीमहि ।

धियो यो नः प्रचोदयात् ॥

ऋग्वेद

Om bhūrbhuvassuvaḥ ।

tatsaviturvareṇyaṁ bhargodevasya dhīmaḥi ।

dhiyo yo naḥ pracodayāt ॥

Ṛgveda

We meditate on the Transcendental Divine Effulgence who is the most worshipful, who pervades the physical, astral and celestial planes. Let He guide our intellect in the right path.

Why do we chant Gāyatrī Mantra?

The Gāyatrī Mantra is one of the oldest of the divine hymns. It is the essence of all the supreme mantras. Just as all the rivers merge in the oceans, all mantras unite in the Gāyatrī mantra. The arrangement of the twenty-four seed syllables in the Gāyatrī mantra is the most wondrous and mysterious. The chanting of this mantra develops nāda, a regular subtle vibration in the nerves of the subtle body. The repetition of this mantra with the right understanding of its sacred meaning has the power to dispel all the negative tendencies in the human mind and thereby unfold the Supreme Self within. The Gāyatrī mantra is chanted early in the morning after bath.

Before doing any work:-

कार्य प्रारम्भे (Kārya prārambhe)

वक्रतुण्ड महाकाय सूर्यकोटि समप्रभ ।
निर्विघ्नं कुरुमे देव सर्वकार्येषु सर्वदा ॥

**Vakratuṇḍa mahākāya sūryakoṭi samaprabha ।
nirvighnaṁ kurume deva sarvakāryeṣu sarvadā ॥**

O Lord Gaṇeśa, with curved trunk, huge form and brilliance equal to millions of Suns, please make my endeavors free from obstacles at all times.

Before Studies:-

अध्ययनात् प्राक् (Adhyayanāt prāk)

सरस्वति नमस्तुभ्यं वरदे कामरूपिणि ।
विद्यारम्भं करिष्यामि सिद्धिर्भवतु मे सदा ॥

**Sarasvati namastubhyaṁ varade kāmārūpiṇi ।
vidyārambhaṁ kariṣyāmi siddhirbhavatu me sadā ॥**

O Goddess Sarasvati, my humble prostrations unto Thee, who are the fulfiller of all my wishes. I start my studies with prayer unto Thee. Let me attain success all the time.

Before Meals:-

भोजनात् प्राक् (Bhojanāt prāk)

यज्ञशिष्टाशिनः सन्तः मुच्यन्ते सर्वकिल्बिषैः ।

भुञ्जते ते त्वघं पापाः ये पचन्त्यात्मकारणात् ॥

yajñasiṣṭāśīnaḥ santaḥ mucyante sarvakilbiṣaiḥ ।

bhuñjate te tvaghaṁ pāpāḥ ye pacantyātmakāraṇāt ॥

The noble people rid themselves of all the sins by taking the remnants of the sacrifice, but those who selfishly enjoy, incur sins for themselves.

अहं वैश्वानरो भूत्वा प्राणिनां देहमाश्रितः ।

प्राणापानसमायुक्तः पचाम्यन्नं चतुर्विधम् ॥

ahaṁ vaiśvānaro bhūtvā prāṇināṁ dehamāśritaḥ ।

prāṇāpānasamāyuktaḥ pacāmyannaṁ caturvidham ॥

As the digestive fire remaining in the human body, I (Lord) digest the four kinds of food (those that are eaten by masticating, swallowing, sucking and licking) by combining with the incoming (Prāṇā) and outgoing (Apāna) vital air.

अन्नपूर्णे सदापूर्णे शङ्करप्राणवल्लभे ।

ज्ञानवैराग्यसिद्धयर्थं भिक्षां देहि च पार्वति ॥

Annapūrṇe sadāpūrṇe Śaṅkaraprāṇavallabhe ।

jñānavairāgyasiddhyartham bhikṣāṁ dehi ca Pārvati ॥

O Beloved Consort of Lord Śiva, fullness everlasting and fully manifested as this food; O Mother of the Universe, nourish us with this gift of food so that we may attain knowledge, dispassion and spiritual perfection.

ब्रह्मार्पणं ब्रह्म हविः ब्रह्मन्नाग््नौ ब्रह्मणा हुतम् ।
ब्रह्मैव तेन गन्तव्यं ब्रह्मकर्मसमाधिना ॥

brahmārpaṇaṁ brahma haviḥ
brahmāgnau brahmaṇā hutam ।

brahmaiva tena gantavyaṁ
brahmakarmasamādhinā ॥

The ladle is Brahman, the oblation is Brahman. The offering is offered by Brahman in the fire of Brahman. Brahman alone is to be reached by him who sees Brahman in all actions.

While Showing Lamp to the Lord:-

दीपदर्शने (Dīpadarśane)

शुभं करोति कल्याणं आरोग्यं धनसम्पदः ।
शत्रुबुद्धिविनाशाय दीपज्योतिर्नमोऽस्तु ते ॥

śubhaṁ karoti kalyāṇam ārogyaṁ dhanasampadaḥ ।
śatrubuddhivināśāya dīpajyotirnamo'stu te ॥

I prostrate to the brilliance of the lamp-light, which brings auspiciousness, health, abundance of wealth; and which destroys the perverted thinking.

Before Going to Sleep: (Praying to the Lord for forgiveness):-

शयनसमये क्षमापणम् (Śayanasamaye kṣamāpaṇam)

करचरणकृतं वाक् कायजं कर्मजं वा श्रवणनयनजं वा मानसं वाऽपराधम् ।
विहितमविहितं वा सर्वमेतत् क्षमस्व जय जय करुणाब्धे श्रीमहादेव शम्भो ॥

Karacaraṇakṛtaṁ vāk kāyajaṁ karmajaṁ vā
śravaṇanayanajaṁ vā mānasaṁ vā'parādham ।
vihitamavihitaṁ vā sarvametat kṣamasva

jaya jaya karuṇābdhe Śrīmahādeva Śambho ॥

O Lord, kindly forgive all the omissions and commissions while doing the actions enjoined or prohibited, either through my organs of action (hands, feet, speech etc.) or through my organs of perception (ears, eyes and such); or by my mind. Glory unto Thee O Lord, who is the ocean of kindness and source of happiness.

कायेन वाचा मनसेन्द्रियैर्वा बुद्ध्यात्मना वा प्रकृतेस्स्वभावात् ।
करोमि यद्यत् सकलं परस्मै नारायणायेति समर्पयामि ॥

kāyena vācā manasendriyairvā
buddhyātmanā vā prakṛteśsvabhāvāt ।
karomi yadyat sakalam parasmai
Nārāyaṇāyeti samarpayāmi ॥

*I surrender everything to the Supreme Nārāyaṇa, whatever being done
by body, speech, mind, sense organs, ego, intellect, vāsanā and habit.*

महामृत्युञ्जय मन्त्रः (Mahāmṛtyuñjaya mantrah)

ॐ त्र्यम्बकं यजामहे सुगन्धिं पुष्टिवर्धनम् ।
उर्वारुकमिव बन्धनान्मृत्योर्मुक्षीय मामृतात् ॥

- ऋग्वेद ७।५९।१२।

Om tryambakam yajāmahe sugandhim puṣṭivardhanam ।
urvārukamiva bandhanānmṛtyormukṣīya mā'mṛtāt ॥

-Rkveda

*We offer our worship to the three-eyed Lord Śiva who is full of virtues,
who nourishes the body, mind and intellect; to liberate us from the
bondage of death as effortlessly as the ripened cucumber is seperated
from the vine; but not (keep away) from immortality.*