

Daily Prayers

Early Morning:

ka-raa-gre va-sa-the lakshmii kara-moo-le saras-vathii
kara-maDH-ye sthi-the gowrii pra-BHaa-the kara-dar-sha-nam

On the tip of your hand is Mother Lakshmi, on the base of your hand is Mother Sarasvati. In the middle of your hand is Mother Gowri. In this manner, look at your hands each morning when you wake up.

Before you alight from bed and your feet touch the ground;

samu-dhra va-sa-ne devi par-va-tha stha-na maN-dale
vishNu path-ni namas-tuBH-yam paa-dha spar-sham ksha-mas-va mein

O Goddess, the consort of Lord Vishnu, with verily the ocean as your attire and the mountains as the bosom, I prostrate unto you. Please forgive me for stepping on you with my feet.

During Bath:

gange cha yamune chaiva godhaa-vari saras-vathi
narma-dhe sinDHu kaa-veri jale-smin sannni-DHim kuroo

Holy Ganga, Yamuna, Godavari, Sarasvati, Narmada, Sindhu and Kaveri (India's 7 holy rivers), I invoke your presence in the waters in which I am bathing.

Before Studies:

saras-vathi namas-tuBH-yam vara-dhe kaama roopiNi
viDH-yaa ram-BHam karish-yaami sidDHir BHavathu mein sadhaa

Mother Saravati, my humble prostrations to you, who are the fulfiller of all my wishes. As I start my studies, I pray to you, may I always succeed.

Before Eating:

brahmaar-paNam brahma havih brahmaag-nau brahmaNaa-hutham
brahmaiva thena gan-thav-yam brahma-karma-samaa-DHinaa

Any means of offering is Brahman, the oblation is Brahman, the fire in which the offering is made is Brahman, and the one who offers is Brahman. Such a person who abides in Brahman indeed gains Brahman.

Before Evening Lights:

*shuBHam karothi kalyaa-Nam aarogyam DHana-sampadhaha
shathru budDHi vinaa-shaaya dheepa jyothir-namos-thu-the*

I prostrate to the light of the lamp that grants brilliance, auspiciousness, health and wealth and destroys harmful thinking.

For Forgiveness

*kara-charaNa krtam vaak kaaya-jam karma-jam vaa
shravaNa nayana-jam vaa maanasam vaa-paraa-DHAM
vihitham avihitham vaa sarvam ethath ksha-masva
jaya jaya karuNaab-DHe shrri mahaa-deva shamBHo*

O Lord Shiva, victory to you, who is the ocean of compassion. Please forgive me for all wrongful actions done with body, hands, legs, speech (organs of action), for all wrongful actions done through hearing, seeing and thinking whether they were done knowingly or unknowingly.

*kaa-yena vaa-chaa mana-sein-dri-yairvaa
budDH-yaathma-naa vaa prakr-theh sva-BHaa-vaath
karomi yaDH-yath sakalam paras-mai
naaraayaNaa-yethi samar-payaami*

I offer to the Supreme Lord Narayana whatever I perform instinctively through my body, speech, mind, sense organs and intellect.