

DAILY PRAYERS

Starter

Om saha naavavatu,

Saha nau bhunaktu,

Saha veeryam karavaavahai.

Tejasvinaavadheetamastu.

Maa vidvishaavahai.

Om Shaantih Shaantih Shaantih!

Meaning

Om, May the Lord protect us, May He cause us to enjoy, May we exert together, May our studies be thorough and faithful, May we never quarrel with each other.

Om Peace Peace Peace!

Guru Sloka

Guru Brahma Gurur Vishnu

Guru Devo Maheshvaraha

Guru Saakshat Para Brahma

Tasmai Sree Gurave Namaha

Meaning: Guru is verily the representative of Brahma, Vishnu and Shiva. He creates, sustains knowledge and destroys the weeds of ignorance. I salute such a Guru.

Early Morning Prayer (sitting on bed)

Karaagre Vasate Lakshmeeh,

Karamoole Sarasvatee;

Karamadhye tu Govindah,

Prabhaate Karadarshanam.

Meaning

On the tip of your fingers is Goddess Lakshmi, on the base of your fingers is Goddess Saraswathi, in the middle of your fingers is Lord Govinda – in this manner you look at your palms when you wake up every day morning.

2nd Early Morning Prayer (touch the ground)

Samudhra vasane Devi, parvatha sthana mandithe,

Vishnu pathni namasthubhyam paada sparsam kshamasva Mae.

Salutations to you consort of Lord Vishnu,
Who is clothed by oceans (71% is ocean)
And is adorned prettily by the mountains (29% land),
Pardon me mother, for setting my foot on you.

Prayer while taking bath

Gange cha Yamune chaiva Godavari Saraswathi,

Narmada Sindhu Kaveri Jale asmin sannidhim kuru.

I pray you to enter,
This water meant for my bath,
Oh, holy river Ganga,
Oh, Holy river Yamuna,
Oh, Holy river Godavari,
Oh, Holy river Saraswathi,
Oh, Holy river Narmada,
Oh holy river Sindhu,
And holy river Kaveri.

Before Studies Prayer

Sarasvati namastubhyam,

Varade kaamaroopini;
Vidyaarambham karishyaami,
Siddhir bhavatu me sadaa.

Meaning

Oh, Goddess Sarasvati, I bow to you, who are the fulfiller of all my wishes. I start my studies with the request that you will give me your blessings.

1-2

Before Meals Prayer

Brahmaarpanam Brahma havir

Brahmaagnau Brahmanaa hutam;
Brahmaiva tena gantavyam
Brahmakarmasamaadhinaa.

Meaning

Brahman (God) is the offering; Brahman is the clarified butter constituting the offerings, by Brahman is the offering poured into the fire of Brahman; Brahman shall be reached by him who always sees and focuses Brahman in all actions.

Before Evening Lights Prayer

Shubham karoti kalyaanam

Aarogyam dhanasampadah;
Shatrubuddhivinaashaaya
Deepajyotir namo'stu te.

Meaning

I prostrate to that lamp-light, which brings the brilliance, the auspiciousness, the health, the wealth and possessions, for the destruction of (my) bad (enemy to Good) intellect.

Night Prayers for Forgiveness

Kara-charana-kritam vaa kaayajam karmajam vaa

Shravana-nayanajam vaa maanasam vaa (a) paraadham :
Vihitamavihitam vaa sarvametad kshamasva
Jaya jaya karunaabdhe Shree Mahaadeva Shambho.

Meaning

Oh Lord, kindly forgive my wrong actions done knowingly or unknowingly, either through my organs of action (hands, feet, speech) or through my organs of perception (ears, eyes) or by my mind. Glory unto Thee Oh Lord, who is the ocean of kindness.

SHORT SLOKAMS

Om Trayambakam Yajamahe

Sugandhim Pushtivardhanam,
Urvaarukmiva Bandhanaan
Mrityor Mokshiya Mamritaam

Meaning

We meditate on Shiva, the three-eyed one, of sweet fragrance, who expands spiritual growth. Like the fully-ripened cucumber (easily snapped) from its stem, may I be free from the bondage of death. May I not be without the nectar of immortality.

1-3

GANESHA

Shuklaambara Dharam Vishnum

Shashi Varnam Chatur Bhujam

Prasanna Vadanam Dhyayet

Sarva Vighna Upashanthaye

Meaning: We meditate on Lord Ganesha - who is clad in white (representing purity), who is all pervading (present everywhere), whose complexion is gray like that of ash (glowing with spiritual splendor), who has four arms, who has

bright countenance (depicting inner calm and happiness) and who can destroy all obstacles (in our spiritual and worldly path).

Vakratunda Mahakaaya
Suryakoti Samaprabha
Nirvighnam Kuru Mey Deva
Sarva Kaaryeshu Sarvada

Meaning: The Lord with the curved trunk and a mighty body, who has the luster of a million suns, I pray to thee Oh Lord, to remove the obstacles from all the actions I intend to perform.

Agajaanana Padmaarkam
Gajaananam Aharnisham
Anekadantham Bhaktaanaam
Ekadantam Upasmahey

Meaning: I worship day and night that elephant faced Lord Ganesha who is like sun to the lotus face of other Parvati. Giver of many boons, the single tusked Ganesh, I salute Thee to give e a boon.

Mooshika vaahana Modhaka hastha
Chaamara karna vilambitha sutra
Vaamana roopa maheswara putra
Vigna vinaayaka paadha Namaste
Agajanana padmarkam gajananam aharnisham
anekadantam bhaktanam ekadantam upasmahe
Gajaananam Bhoota Ganaadhi Sevitam
Kapitta Jamboophala Saara Bhakshitam
Umaasutam Shoka Vinaasha Kaaranam
Namaami Vighneswara Paada Pankajam

Meaning

The Lord with the elephant face, served by all the Ganas, One who takes as His food, the essence of Kapitta and Jamboophala (these are two favorite fruits of Ganesh), son of Uma (Mother Parvati), destroyer of misery of the devotees, controller of obstacles, we worship Your Lotus Feet.

SHIVA

Om Namaste astu Bhagavan
Vishveshvaraya Mahadevaya
Trayambakaya Tripurantakaya
Triakagni - Kalaya Kalagni - Rudraya
Nilakantaya Mrityunjayaya
Sarvesvaraya Sadhashivaya
Sriman Mahadevaya Namah.

Meaning

Om. I bow down to Lord Shiva, who is the creator and protector of the universe, who is the greatest among gods, who has three eyes, who is the annihilator of all the three worlds, one whose throat is blue, who is the conqueror of death, who is the Lord of all, who is propitious who is possessed of all marks of greatness and who is the greatest among Gods. To him my prostrations.

Explanation

The mantra is a prayer to Lord Shiva who is addressed as Sankara and Trayambaka. Sankara is sana (blessings) and Kara (the Giver). Trayambaka is the three eyed one (where the third eye signifies the giver of knowledge, which destroys ignorance and releases us from the cycle of death and rebirth).

VISHNU

Vana maali gadhi shārngi shangi chakri chanandhagi
Shreeman narayano vishnur vāsudeva abhirakshathu
Shuklambaradharam vishnum shashi varnam chaturbhujam

prasanna vadanam dhyayet sarva vighnopashantaye

1-4

Shanthakaram Bhujagashayanam

Padmanabham Suresham

Vishvadharam Gaganasadrisham

Meghavarnam Shubhangam.

Lakshmikantam Kamalanayanam

Yogibhirdhyanigamyam

Vandhe Vishnum Bhavabhayaharam

Sarvalokaikanatham.

Meaning

I bow down before Vishnu, the Lord of all worlds and the remover of all causes of fear. He is of blissful form. he lies on a serpent bed. He sports a lotus on His navel. The Lord of the celestials. He supports the whole cosmos. His limbs are exquisite and His complexion is blue like that of the sky and the rain cloud. The consort of Lakshmi. He has eyes rivalling the lotus. The yogis meditate on Him in their innermost heart.

HANUMAN

Buddhirbhalam Yasho Dhairyam

Nirbhayatvam Arogata

Ajadyam Vakpatutvam Cha

Hanumatsmaranatbhavet

Meaning

Intelligence, strength, fame, valor, fearlessness, lack of ill-health; absence of sloth, skill in speech, and many more -- all accrue upon remembering Hanuman.

MURUGA

Mayuraadhi roodam mahavaakya goodam

Manohaari deham mahaa chitha geham

Mahiideva devam mahaadeva bhaavam

Mahaadeva baalam bhaje loka paalam.

RAMA

Ramaaya Rama Bhadraaya

Ramachandraaya Vedhase

Raghu Nathaaya Nathaaya

Sitayah Pataye Namaha

Shriraama raama raamethi rame raame manorame

sahasra naama tattulyam raamanaama varaanane

1-5

KRISHNA

Vasudeva sutam devam , Kamsa-Chanoora mardanam

Devaki parama-anandam, Krishnam vande Jagatgurum

DURGA

Sarva Mangala Maangalye

Shive Sarvartha Saadhake

Sharanye Tryambake Gauri

Naarayani Namostute

PARVATHI

Anna poorne sadha poorne shankara praana vallabhe

Gnana vairaagya sidhyarthe bikshaam dehi cha parvathi

Maatha cha parvathi devi pitha devo maheshwaraha

Baandhavo shiva bakthaanaam swadesham bhuvanathrayam

SARASWATHI

Sharadha sharadhaambhoja

Vadhana vadhanaambhuj
Sarvathaasmaakam sannidhim
sannidhim kriyaath

GRAHA STUTI

Brahma muraari tripuraanthakaari

Bhaanu shashi Bhoomi sutho budascha,
Guruscha Shukra shani raahu Kethava;
Kurvanthu sarve mama suprabhaatham.

PRAYER WHEN TAKING A BATH

Gange cha Yamune chaiva Godhavari Saraswathi

Narmade Sindhu Kaveri Jale asmin sannidhim kuru.

PRAYER TO AVOID BAD DREAMS

Ramaskandham hanumantham Vainatheyam Vrukodharam

Shayane ya smaren nithyam dhuswapnam thasya nashyathi
1-6

EKA SLOKI BHAGAWATHAM (BHAGAWATHAM IN ONE STANZA)

Aadhau Devaki Devi garbha jananam, Gopi gruhe paalanam
Mayaa poothana jeevithaa apaharanam, govardhanodharanam,
Kamsa chedana, kouravadi hananam, kunthi sutha paalanam,
Ethad bhagawatham purana kaditham Sri Krishna leelaamrutham

EKA SLOKI RAMAYANAM (RAMAYANA IN ONE SLOKA)

Aadho Rama thapo vananu gamanam, Hathwa mrugam kanchanam,
Vaidehi haranam, Jataayu maranam, Sugreeva sambhaashanam,
Bali nigrahanam, samudhra tharanam, Lanka pureem dahanam,
Paschad Ravana Kumbha karna madanam, Ethat ithi Ramayanam

SLOKA WITH THE NAMES OF CHIRANJEEVIS

Ashwaththamaa Bali Vyaasa: Hanumaanshcha Vibheeshana:

Krupa: Parashuraamashcha sapthaithe Chiranjeevina:

NAVAGRAHA SLOKA

Aadityaya cha somaya mangalaya budhayacha

Guru shukra shani byascha raahave ketave namah

Shruti smriti purANAnAm

Alayam karuNAlayam
namAmi bhagavatpAdam
sankaram lOkasankaram

Poojyaya raghavendraya sathyadhama rathaaya cha

Bhajatham kalpavrukshaaya namathaam kamadhenave

JYOTHIRLINGAM STOTRAM

saurAShTre somanAthaM cha shrIshaile mallikArjunam |

ujjayinyAM mahAkAlamo-NkAramamaleshwaram | |
paralyAM vaidyanAthaM cha DAKinyAM bhImasha-Nkaram |
setubandhe tu rAmeshaM nAgeshaM dArukAvane | |
vArANasyAM tu vishveshaM tryambakaM gautamItaTe |
himAlaye tu kedAraM ghushmeshaM cha shivAlaye | |
etAni jyotirli-NgAni sAyaM prAtaH paThennaraH |
saptajanmakR^itaM pApaM smaraNena vinashtyati | |
etaeshAm Darshanadeva pAthakam Naiva ThisTathi |
KarmakshayO Bhavethasya Yasya ThushTo Maheshwaraha | |

CONCLUDING PRAYERS

Kayena vacha manas-endriyair vaa; budhi atmanava prakriteh svabhavaat
karomi yadyat sakalam parasmai; narayanayeti samarpayami

Meaning

I dedicate everything to that Supreme Lord Narayana, whatever I perform with my body, speech, mind, limbs, intellect or my inner self, either intentionally or unintentionally.

Om sarveshamswastir bhavatu; sarvesham shantir bhavatu
sarvesham poornam bhavatu; sarvesham mangalam bhavatu

Meaning

Om May everyone be perfect;

May everyone have peace;

May everyone be content;

May everyone enjoy auspiciousness.

Sarve bhavantu sukhinah; Sarve santu niraamayaah;
Sarve bhadraani pashyantu; Maa kashchid dukkhabhaag bhavet.

Meaning

May everybody be happy. May everybody be free from disease. May everybody have good luck. May none fall on evil days.

SHANTHI STOTRAM

Saanti Mantra (Prayer for Peace)

Aum Dyauh Saantir Antareeksham Saantih
Prithvi Saantir Apah Saantih Ousadhyah Saantih
Vanaspatayah Saantir Visvedevaah Saantih Brahma Saantih
Sarvam Saantih Saantih Reva Saantihi.

Meaning: May there be peace in heaven. May there be peace in the sky. May there be peace on earth. May there be peace in the water. May there be peace in the plants. May there be peace in the trees. May there be peace in the Gods. May there be peace in Brahman. May there be peace in all. May that peace, real peace, be mine

Om Asato maa sat gamaya; tamaso maa jyotir gamaya
mrityor maa amritam gamaya; Om Shanthih Shanthih Shanthih

Meaning

Om Lead us from untruth to truth

From darkness to light

From death to immortality

Om Peace Peace Peace

Om Poornamadah Poornamidam; Poornat Poornamudachyate;
Poornasya Poornamadaya Poornamevavashishyate; Om Shantih Shantih Shantih

Meaning

God is perfect (infinite). This Universe is also perfect (infinite). If perfection(infinity) is taken from anything perfect (infinite) what remains is still perfect (infinite). Om peace, peace, peace.

2-1