

Śrī Rāmakṛṣṇa Suprabhātam (Sundays, Wednesdays, Fridays)

Having seen the decline of dharma all around, O Lord! you (voluntarily and) quickly took birth in a good brahmin family of a prosperous village known as Kamarpukur (in order to redeem dharma). O Lord, Sri Ramakrishna! A glorious dawn be unto thee!

O Lord Sri Ramakrishna! In your childhood you experienced samadhi when you saw a line of white cranes (flying in the sky) against the background of dark clouds. (Again) during the time of Sivaratri you experienced the bliss of union with the Lord Siva. A glorious dawn be unto thee.

O Lord Sri Ramakrishna! Having practised the various spiritual disciplines of our Sanatana-dharma as also of the various religions like Christianity etc., emanating from foreign countries, you came to the conclusion, by direct experience, that all of them lead to the same goal at the end. A glorious dawn be unto thee!

O the dark bee at the (dark) lotus feet of Mother Kali! You quickly realized that Sri Sarada Devi (your consort) and the Divine Mother of the whole universe are absolutely identical. O Lord Sri Ramakrishna! A glorious dawn be unto thee!

You, the Omniscient Lord, have taught Rakhal, Tarak, Hari, Narendra and other pure-minded souls like Sashibhusan the knowledge of the Self even here. O Lord Sri Ramakrishna! A glorious dawn be unto thee!

Ever tasting the bliss of samadhi, which is of the nature of self-knowledge, (ever) granting joy and peace to those who have taken refuge at thy (holy) feet, you are established here. O Lord Sri Ramakrishna! A glorious dawn be unto thee!

Śrī Rāmakṛṣṇa Suprabhātam

Dharmasya hānimabhitaḥ paridṛśya śīghraṁ
kāmāra puṣkara iti prathite samṛddhe
grāme suviprasadane hyabhijāta deva
śrī rāmakṛṣṇa bhagavan tava suprabhātam

Bālye samādhyanubhavaḥ sita pakṣi pañktim
sandṛśya megha paṭale samavāpi yena
īśaikya vedana sukhaṁ śivarātri kāle
śrī rāmakṛṣṇa bhagavan tava suprabhātam

Nānā vidhānayaḥ sanātana dharma mārgān
kraistādi citra niyamān paradeśa-dharmān
āsthāya caikyamanayor anubhūtavāṁstvam
śrī rāmakṛṣṇa bhagavan tava suprabhātam

He kālikā pada saroruha kṛṣṇa bhṛṅga
mātuḥ samasta jagatām api sārādāyāḥ
aikyam hyadarśi tarasā paramaṁ tvayaiva
śrī rāmakṛṣṇa bhagavan tava suprabhātam

Rākhāla tāraka harīmśca narendranātham
anyān viśuddha manasaḥ śaśibhūṣaṇādīn
sarvajña ātma vayunaṁ tvamihānuśāsi
śrī rāmakṛṣṇa bhagavan tava suprabhātam

Nityaṁ samādhija sukhaṁ nija bodha rūpaṁ
āsvādayan tava pade śaraṇāgatāmśca
ānandayan praśamayan upatiṣṭhase tvam
śrī rāmakṛṣṇa bhagavan tava suprabhātam

Having absorbed into your own body all the sins committed throughout their lives in various ways, by those who have taken refuge in you, you have (silently) put up with the suffering born out of this. O Lord Sri Ramakrishna! A glorious dawn be unto thee!

Thinking that, bowing down to your (holy) lotus feet in the early morning, will facilitate the destruction of sorrows wrought by samsara, (these devotees) full of devotion are waiting (at your door to have your darshan). O Lord Sri Ramakrishna! A glorious dawn be unto thee!

In order to sing thy nectar-like glories and also to get a glimpse of thy (holy) feet so that they become blessed, these people, O King among men! are assembled near thee. O Lord Sri Ramakrishna! A glorious dawn be unto thee!

O Sun of Knowledge! Giving the bliss of thy vision to (these devotees) who have surrendered themselves (at thy holy feet) please drive away all their darkness of delusion! Ocean of Devotion! Destroyer of all sorrows! O Lord Sri Ramakrishna! A glorious dawn be unto thee!

O Mother Sarada! Isvari! Lakshmi! Knowing fully well that unconditioned mercy is thy nature, even the hard-hearted evil ones worship thee, the Mother and protector of all the worlds! A glorious dawn be unto thee!

O (Vivekananda), whose glory was given by no less a person than Lord Viresa Himself! You are ever manifesting your greatness by waking up the sleeping people of Bharata through your thunderous words, enchanting them and encouraging and leading them in the path of their dharma! A glorious dawn be unto thee!

Svīkṛtya pāpaṁ akhilaṁ śaraṇāgatairyad
ājīvanaṁ bahu kṛtaṁ dayayā svadehe
tajjāta kheda nivaham sahase sma nātha
śrī rāmakṛṣṇa bhagavan tava suprabhātam

Prātaḥ praṇāmakaraṇaṁ tava pādapadme
saṁsāra duḥkha haraṇaṁ sulabhaṁ karoti
matveti bhakti bharitāḥ pratipālayanti
śrī rāmakṛṣṇa bhagavan tava suprabhātam

Gātuṁ stutīstava janā amṛtāyamānāḥ
samprāpya darśanamidam tava pādayośca
dhanyā nareśa bhavituṁ militāḥ samīpam
śrī rāmakṛṣṇa bhagavan tava suprabhātam

Sandāya darśanasukhaṁ śaraṇāgatebhyo
mohāndhakāramakhilaṁ tvamapākuruṣva
jñānārka bhakti jaladhe sakalārtihantaḥ
śrī rāmakṛṣṇa bhagavan tava suprabhātam

Āhaitukīti karuṇā kila te svabhāvo
duṣṭāḥ kaṭhora hṛdayā api te bhajante
tvāmeva sarva jagatām janani prapātri
śrī sāradeśvari rame tava suprabhātam

Suptāmstu bhārata janān svavacaḥ prahāraiḥ
udbodhayan vivaśayan nijadharmā mārge
protsāhayan paramatām prakāṭikaroṣi
vīreśa datta mahiman tava suprabhātam
śrī rāmakṛṣṇa bhagavan tava suprabhātam

ॐ Śāntimantrāḥ

Om. Lead me from the unreal to the Real. Lead me from darkness to Light. Lead me from death to Immortality.

Om. May the Brahman protect us both, the preceptor and the disciple. May He nourish us both. May we work together with great energy. May our study be vigorous and fruitful. May love and harmony dwell amongst us. Om. Peace, peace, peace.

Om. May the presiding deity of the day be propitious to us. May the presiding deity of the night be propitious to us. May the gods of strength and intellect be propitious to us. May the All-pervading Lord be propitious to us. Adoration to Brahman, adoration to Thee, the controller of activities. Thou art verily the visible Brahman. Verily, I declare Thee to be the visible Brahman. The right will I speak. The truth will I speak. May Brahman protect me. May Brahman protect the preceptor. May He protect me. May He protect the preceptor. Om Peace, peace, peace.

Om. O Gods, may we hear with our ears what is auspicious. O Ye adorable ones, may we see with our eyes what is auspicious. May we sing praises to you and enjoy with strong limbs and body the life allotted by the gods.

Om. We pray and worship the Supreme Person for the welfare of all. May all miseries and shortcomings leave us for ever so that we may sing praises of Vishnu. May the medicinal herbs grow in potency, so that diseases may be cured effectively. May the gods rain peace on us. May the human beings be peaceful. May peace be to all other creatures. Om Peace, peace, peace.

ॐ Śāntimantrāḥ

ॐ Asato mā sadgamaya | tamaso mā jyotirgamaya |
mṛtyormāmṛtaṁ gamaya || ॐ śāntiḥ śāntiḥ śāntiḥ

ॐ Saha nāvavatu | saha nau bhunaktu |
saha vīryaṁ karavāvahai |
tejasvi nāvadhītamastu mā vidviśāvahai ||
ॐ śāntiḥ śāntiḥ śāntiḥ

ॐ Śaṁ no mitraḥ śaṁ varuṇaḥ | śaṁ no bhavatvaryamā |
śaṁ na indro bṛhaspatiḥ | śaṁ no viṣṇu rurukramaḥ |
namo brahmaṇe | namaste vāyo |
tvameva pratyakṣaṁ brahmāsi |
tvāmeva pratyakṣaṁ brahma-vadiṣyāmi | ṛtaṁ vadiṣyāmi |
satyaṁ vadiṣyāmi | tanmāmavatu | tad vaktāramavatu |
avatu mām | avatu vaktāram | ॐ śāntiḥ śāntiḥ śāntiḥ

ॐ Bhadraṁ karṇebhiḥ śṛṇuyāma devāḥ |
bhadraṁ paśyemākṣabhir yajatrāḥ |
sthirairaṅgaistuṣṭuvām sastaṅbhiḥ | vyaśema devahitaṁ
yadāyuh |
svasti na indro vṛddhaśravāḥ | svasti naḥ pūṣā viśvavedāḥ | svasti
nastārḥṣyo ariṣṭanemiḥ | svasti no bṛhaspatirdadhātu |
ॐ śāntiḥ śāntiḥ śāntiḥ

ॐ Tacchaṁyorāvṛṇīmahe | gātuṁ yajñāya | gātuṁ yajñapataye |
daiṁ svastirastu naḥ | svastir mānuṣebhyaḥ |
ūrdhvaṁ jigātu bheṣajaṁ | śaṁ no astu dvipade |
śaṁ catuṣpade | ॐ śāntiḥ śāntiḥ śāntiḥ

May the winds bring us happiness. May the rivers carry happiness to us. May the plants give us happiness. May the heavens give us happiness. May night and day yield us happiness. May the dust of the earth bring us happiness. May the heavens give us happiness. May the trees give us happiness. May the sun pour down happiness. May the cows yield us happiness.

Om. All that is invisible is verily the infinite Brahman. All that is visible is also the infinite Brahman. The whole universe has come out of the infinite Brahman. Brahman is infinite although the whole universe has come out of it. Om. Peace, peace, peace.

May peace radiate there in the whole sky as well as in the vast ethereal space everywhere. May peace reign all over this earth, in water and in all herbs, trees and creepers. May peace flow over the whole universe. May peace be in the Supreme Being Brahman. And may there always exist in all peace and peace alone. Om peace, peace and peace to us and all beings!

Gayatri mantra

We meditate on the glorious effulgence of the Supreme Being, out of whom all this creation - the earth, heavens and beyond — has come into being. May He illumine our minds and hearts and guide our energies.

I worship You, O sweet Lord of transcendental Vision. O giver of prosperity to all, may I be free from the bonds of death, like a ripe fruit dropping from the tree. May I never again forget my immortal nature.

May we know (realise) Ramakrishna the Supreme Self. For that, may we meditate upon the Supreme Self. May that Supreme Self impel us towards it.

ॐ Madhuvātā ṛtāyate madhuṣaranti sindhavaḥ |
mādhvīrnaḥ santvoṣadhīḥ | madhu naktamutoṣasi
madhumat pārthivaṁ rajaḥ | madhu dyaurastu naḥ pitā |
madhu mānno vanaspatir madhu mām astu sūryaḥ |
mādhvīr gāvo bhavantu naḥ ||
ॐ madhu ॐ madhu ॐ madhu

ॐ Pūrṇamadaḥ pūrṇamidaṁ | pūrṇāt pūrṇamudacyate |
pūrṇasya pūrṇamādāya pūrṇamevāvaśiṣyate ||
ॐ śāntiḥ śāntiḥ śāntiḥ

ॐ Dyauḥ śāntirantarikṣaṁ śāntiḥ | pṛthivī śāntirāpaḥ śāntiḥ |
ośadhayaḥ śāntiḥ | vanaspatayaḥ śāntiḥ | viśve devāḥ śāntiḥ |
brahma śāntiḥ | sarvaṁ śāntiḥ | śāntireva śāntiḥ |
sā mā śāntiredhi |
ॐ śāntiḥ śāntiḥ śāntiḥ

Gayatri mantra (to be repeated 3 times)

ॐ Bhūr bhuvaḥ svaḥ | tatsavitur vareṇyam |
bhargo-devasya dhīmahi | dhiyo yo naḥ pracodayāt ||

ॐ Tryambakaṁ yajāmahe | sugandhim puṣṭi-vardhanaṁ |
urvārukamiva bandhanāt-mṛtyormukṣīya māmṛtāt |
ॐ namaḥ śivāya | |

ॐ Hrīm rāmakṣṇa haṁsāya vidmahe |
parama-haṁsāya dhīmahi | tanno haṁsaḥ pracodayāt ||

Om. Let us meditate on Sri Narayana, the Lord who dwells in all beings, and is known as the Sovereign of the world. May that Sri Vishnu inspire and illumine our mind and understanding

Śrī Viṣṇuḥ Prātaḥ Smaraṇa Stotram

Prostrations in the morning to Lord Vishnu, the destroyer of all sorrows, fears, the saver of Gajendra (elephant from the crocodile), who holds a discus in his hand, whose eyes resemble a fresh Lotus, who is Padmanabha (having a lotus in his navel), and who has as his vehicle Garuda.

I prostrate, in the morning, placing my mind, speech and head, at His precious feet (which is the ultimate refuge of all), the feet that will carry me across the ocean of transmigratory existence, worshipped by the most learned.

I chant in the morning the name of the Deliverer from all fear, who destroys the accumulated sins of all past lives, who delivered Gajendra from the clutches of the crocodile; who removes all misery, holding the conch and discus in His hands.

ॐ Nārāyanāya vidmahe vasudevāya ḍhimahi |
ṭanno viśnuh prachodayāt ||

Śrī Viṣṇuḥ Prātaḥ Smaraṇa Stotram

Prataḥ smarāmi bhava bhīti mahārti śāntyai
nārāyaṇam garuḍa vāhanam abjanābham
grāhābhibhūta vara vāraṇa mukti hetum
cakrāyudham taruṇa vārija patra netram

Prātar namāmi manasā vacasā ca mūrdhnā
pādāravinda yugalam paramasya puṁsaḥ
nārāyaṇasya narakārṇava tāraṇasya
pārāyaṇa pravaṇa vipra parāyaṇasya

Prātar bhajāmi bhajatām abhayaṅkaram tam
prāk sarva janma kṛta pāpa bhayāpahatyai
yo grāha vaktra patitānghri gajendra ghora
śoka praṇāśanakaro dhṛta śamkha cakrah

Śrī Viṣṇu Ṣaṭpadī

O Vishnu, dispel my lack of humility, subdue my mind, pacify its strong and persistent deer-like desire for sense objects. Expand my compassion for all the living beings and carry me over the ocean of wordliness.

O nectar flowing like the divine Ganga, O fragrant object of desire – Sat-Chit-Ananda! O liberator of the soul from the sorrow caused by the fear of re-birth!, O consort of Sri, I bow down at your feet.

Even with the differences between us taken away, O Lord, it is I that is yours and not you that is a part of me, just as it is always the waves that belong to the ocean and never the ocean to the waves.

O Lord! You lifted the mountain (Govardhan)! O thou the foe of demons, who has sun and moon as your eyes! After seeing you, isn't it true that we get dispassionate about the whole world?

O Supreme Lord, who protects this earth by various incarnations like Matsya (fish etc)! I am afraid by the cycle of life and death and therefore worthy of being saved by you.

O Damodara! Govinda, who is the abode of qualities, having a face resembling the lotus, who, like the Mandara mountain churning the milk ocean and removing the poison, please remove the fear of the poison called rebirth from my life.

O Narayana, who is full of compassion! I am taking the refuge at your lotus feet. May this above-said sextet (six verses) which is like a bumble-bee resides in my lips.

Śrī Viṣṇu Ṣaṭpadī

Avinayamapanaya viṣṇo damaya manaḥ

śamaya viṣaya mṛga tṛṣṇāṁ

bhūta dayāṁ vistāraya tāraya saṁsāra sāgarataḥ

Divyadhunī makarande parimala paribhoga saccidānande

śrīpati padāravinde bhava bhaya khedacchide vande

Satyapi bhedāpagame nātha tavāhaṁ na māma kīnastvaṁ

sāmuḍro hi taraṅgaḥ kvacana samuḍro na tāraṅgaḥ

Uddhṛtanaga nagabhidanuja danujakulāmitra mitraśāsīdṛṣṭe

dṛṣṭe bhavati prabhavati na bhavati kiṁ bhava tiraskāraḥ

Matsyādibhiravatāraiḥ avatāravatāvatā sadā vasudhāṁ

parameṣvara paripālyo bhavatā bhavatāpa bhītoham

Dāmodara guṇa mandira sundara vadanāravinda govinda

bhava jaladhi mathana mandara paramaṁ

daramapanaya tvaṁ me

Nārāyaṇa karuṇāmaya śaraṇaṁ karavāṇi tāvakau caraṇau

iti ṣaṭpadī mādiye vadana saroje sadā vasatu