

Śrī Vivekananda Suprabhātam (Mondays, Thursdays)

O Vivekananda, eternally regarded as courageous and good, O Great and Powerful one of the world who was completely detached and always in a state of bliss! We sing your glory, this auspicious morning.

You are a realized soul and spread your knowledge to one and all and mankind to follow the path of eternal truth and become liberated souls.

You held a specially elevated place in the heart of Sri Ramakrishna and were a very special person to the Divine Mother. This enabled you to succeed in upholding what you stood for.

You were the purest of the pure and you showed the downtrodden poor, the light and the way as Brahma. Through your compassion, you alleviated the sufferings of others by taking them on yourself.

You are beyond the realm of Maya. Show us the way to be rid of Maya and attain liberation through your wisdom and guidance, O Saviour of the world.

You are likened to Mahavishnu by those entangled in the cycle of births and deaths. You who know all and is aware of all, always, help us to acquire universal enlightenment.

The greatest among the saints, full of kindness, you show the way to pure consciousness. Your face is radiant as the sun.

You are happy, contented and peace-loving. You are the embodiment of discrimination. You carry out your duties courageously to fulfill karma. You are the embodiment of courage, and possess the qualities of Shiva.

Śrī Vivekananda Suprabhātam

He preṣṭha nātha sumahan yugaśakti dhārin
he nitya mukta satatam hi mahāvareṇya
ānanda rūpa bhuvī vai janamugdha kārin
viśvasya vīra suyate tava suprabhātam

He buddha śāśvata viveka subodha dāyin
satyāśrayin janagaṇān pathadāna kārin
he mukta sarvajana mukti vidhāna kārin, viśvasya vīra suyate.....

Bhaktiśca te suviditā bhuvī rāmakṛṣṇe
śrī rāmakṛṣṇa hrdi he sukṛtādhikāra
he mātṛ bhakta pṛthivī vijayī dhruvam tvam, viśvasya vīra suyate.....

He śuddha pūta bhuvane śucitāvidhātā
riktārta piḍita janeśvara buddhi kārin
nityam kṛpā galita hṛt para duḥkha hārin, viśvasya vīra suyate.....

Māyā vihīna bhuvī no naya mohapāre
tvaṁ jāgrato hi satatam jana mukti dhārin
jāgarti mānava gaṇastava suprabhāvaiḥ, viśvasya vīra suyate.....

Saṁsāra pāra kamalākṣa sukarmakārin
nityaṁ vivekamati śakti vidhāna dakṣa
he buddha jāgaraya naḥ sumatiṁ vivekaṁ, viśvasya vīra suyate.....

Samtapta mānava gaṇeśu mahā kṛpā te
prajñāvatām api hi te mahanīya prajñā
sūrya prabhastvaṁ api te kamanīya kāntiḥ, viśvasya vīra suyate.....

Ānanda sundara hi śānta viveka mūrte
dhīrāpyanuktaṁ agatistava karma śaktiḥ
vireśvarosi śiva he ca śivatva dāyin, viśvasya vīra suyate.....

As the purest of the pure and having received the kindness of Sri Ramakrishna, you are the greatest. Though you had taken up the life of a sannyasin, you console and comfort those who are in the abyss of misery.

O Destroyer of passion, remove the darkness of worldly desires from us. You who are pure and radiant always, protect us and show us the way out of our difficulties. O Discriminating one, give us mental peace.

O Patriot and world lover, with your inborn loving nature, you are able to protect mankind from the various temptations in their way. You are the personification of Brahma and Deva.

You stand for truth, O lotus-eyed one. Your heart is as big as the ocean. You grant us whatever we ask of you because of your kind-heartedness.

You hold a very lofty place in the life-story of Sri Ramakrishna. You are always in his heart. By meditating on Him, you realised Him. You were wholly absorbed in Him and Him alone.

Nyāsin narottama pavitra narendra nātha
śrī rāmakṛṣṇa karuṇā hi sadā tvayāptā
sanyāsyasi tvamapi te paraduḥkha sevā
viśvasya vīra suyate tava suprabhātam

He satya he sakala moha tamo vināśin
tejosi dehi satatam hyamitam sutejaḥ
he śreṣṭha jāgaraya naḥ sumatiṁ vivekaṁ
viśvasya vīra suyate tava suprabhātam

He deśa premika ca jāta suviśva prema
brahmajña he vidita marma samagra viśva
brahman mahāpuruṣa jāgrhi deva nityam
viśvasya vīra suyate tava suprabhātam

Nisvārtha he kamala netra mahā samudra
snigdham viśāla hṛdayaṁ hi taveti jāne
yogyān narān hi kuru naḥ sakalāṁśca pṛthvyā
viśvasya vīra suyate tava suprabhātam

Śrī rāmakṛṣṇa carite nitarāṁ hi mugdhaḥ
Śrī rāmakṛṣṇa manane sthita dhīḥ sadā tvam
Śrī rāmakṛṣṇa bhajaneṣu mudastvayāptāḥ
Śrī rāmakṛṣṇa maya he tava suprabhātam
Viśvasya vīra suyate 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 ||

Parabrahma Prātaḥ Smaraṇa Stotram

I meditate in the morning on the Self which shines in the heart, which is existence-consciousness-bliss, which is the goal to be attained by Paramahansa sannyasis, which is called the 'fourth' because it is beyond the three states of waking, dream and deep sleep, and which always witnesses the states of waking, dream and deep sleep. I am that Brahman which is indivisible and not the aggregate of the five elements, ether, air, fire, water and earth.

I worship in the morning that supremely effulgent Being who is spoken of (in the Vedas) as unborn, changeless, and the highest, who is inaccessible to the mind and whom words cannot directly describe, but by whose blessing the faculty of speech functions, and who is described in the Upanishads by the words 'not this, not this'.

I bow down in the morning to the infinite, eternal Being who is known as the supreme Purusha, who is beyond the darkness of ignorance, who is resplendent like the sun, who is everything and on whom this entire universe appears, just as a rope appears as a snake.

Parabrahma Prātaḥ Smaraṇa Stotram

Prātaḥ smarāmi hṛdi samsphuradātma tattvaṁ
sat cit sukhaṁ paramahaṁsa gatiṁ turīyaṁ
yatsvapna jāgara suṣuptamavaiti nityaṁ
tad brahma niṣkalamahaṁ na ca bhūta saṁghaḥ

Prātar bhajāmi manaso vacasāṁ agamyaṁ
vāco vibhānti nikhilā yadanugraheṇa
yanneti neti vacanair nirgamā avocuḥ
taṁ deva devaṁ ajaṁ acyutaṁ āhuragryam

Prātar namāmi tamasah paraṁ arkavarṇaṁ
pūrṇaṁ sanātana padaṁ puruṣottamākhyam
yasminnidaṁ jagadaśeṣamaśeṣa mūrtau
rajjvām bhujāṅgama iva pratibhāsitaṁ vai

Śiva mānasa pūjā

O Lord, be so kind as to accept my worship offered mentally. I prostrate you with the eight limbs, and sing various hymns of praise (The eight limbs of prostration (sashtanga namaskara) are the hands, legs, knees, chest, head, eyes, mind and speech).

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O Sambhu, You are my Self, my intellect is Goddess Parvati, your attendants are my vital airs, my body is Your temple, all enjoyments of sense-objects are Your worship, my sleep is samadhi, all my movements on my feet are circumambulations of You, whatever I speak is praise of You, and thus whatever action I perform is Your worship. Note. When a devotee totally surrenders himself to God, then whatever he does is according to God's will. He gives up all sense of being a doer and an enjoyer.

Whatever wrongs I may have committed with my hands, feet, speech, body, ears, eyes, or mind, in any action whether prescribed (by the scriptures) or not, deign to forgive all of them. O Ocean of compassion, O Mahadeva, O Sambhu. Hail unto you.

Śiva mānasa pūjā

Sāṣṭaṅgaṃ praṇatiḥ stutir bahu vidhā
hyetat samastaṃ mayā
saṅkalpena samarpitaṃ tava vibho
pūjāṃ gṛhāṇa prabho

Ātmā tvaṃ girijā matiḥ sahacarāḥ
prāṇāḥ śarīraṃ gṛhaṃ
pūjā te viṣayopa bhoga racanā
nidrā samādhi sthitiḥ
sañcāraḥ padayoḥ pradakṣiṇa vidhiḥ
stotrāṇi sarvā giroḥ
yadyad karma karomi tattadakhilam
śambho tavārāadhanam

kara caraṇa kṛtaṃ vāk kāyajam karmajam vā
śravaṇa nayanajam vā mānasam vāparādhnam
vihitam avihitam vā sarvam etat kṣamasva
jaya jaya karuṇābdhe śrī mahādeva śambho