

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 vidhānyai 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 tvamihānuśāssi
śrī rāmakṛṣṇa bhagavan tava suprabhātam

Nityam 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 ||

Śrī Rāmakṛṣṇa Prātaḥ Smaraṇa Stotram

I remember in the morning Sri Ramakrishna, who is the origin of the manifold universe; who is both the cause and destruction of ignorance, who is the bridge that takes us across the ocean of the world; who took human birth for the play of the divine.

Morning salutations to Him who is capable of burning away the blemishes of Kali (the age), who is lotus-eyed, full of joy, who, having conquered lust and lucre with body, mind and speech, was fearless and ever composed in speech and action.

Remember in the morning Him who removes the weighing concerns; is the lord of the Yogis, the foremost among paramahamsas, beautiful, whose lotus-like face showers the nectar of peace on the world, who assumed human form out of sheer love towards sinners.

Śrī Rāmakṛṣṇa Praṇāmaḥ

I bow down to Swamis Brahmananda, Shivananda, Premananda, Niranjanananda, Yogananda and Akhandananda.

Salutations to Swamis Vijnanananda, Trigunatitananda, Turiyananda, Subodhananda, Saradananda, Vivekananda and Ramakrishnananda.

Salutations to Sri Ramakrishna, the embodiment of all forms of the divine, establisher of the lost veracity of religion, the harmonizer of all paths.

Śrī Rāmakṛṣṇa Prātaḥ Smaraṇa Stotram

Prātaḥ smarāmi jagato bhava bhāva hetu
hetuṁ layasya ca bhavāmbudhi pāra setuṁ
līlā vilāsa vilasad vapuṣaṁ sudhīsaṁ
śrī rāmakṛṣṇaṁ avatāravaraṁ tamīṣaṁ

Prātar namāmi kalidoṣa vidāha dakṣaṁ
ānanda kandamaravinda dalāyatākṣaṁ
yaṁ kāma kāñcanamahotanu vāngmanobhir
eje vihāya bhuvī saṁyata vāk sadābhīḥ

Prātar bhajāmi bhajatām bhava bhāra hāraṁ
pāpaughahaṁ karuṇayā dhṛta deha bhāraṁ
yogīśvaraṁ paramahaṁsa varaṁ praśāntaṁ
mūrdhāravinda makaranda madhuvrataṁ tam

Śrī Rāmakṛṣṇa Praṇāmaḥ

Brahmānandaṁ śivaṁ śāntaṁ premarūpaṁ nirañjanaṁ
yogīśamadbhutaṁ nityaṁ akhaṇḍādvaita lakṣaṇaṁ

Vijñānaṁ triguṇātītaṁ turīyābheda saṁjñitaṁ
subodhaṁ sāradaṁ caiva viveka śaśi bhūṣaṇaṁ

Samanvaya mahācāryaṁ yuga dharma svarūpiṇaṁ
sarva deva svarūpaṁ śrī rāmakṛṣṇaṁ namāmyaham