Daily Prayers

Early Morning:

प्रातः काले (prātaḥ kāle):

करोग्र वसने लक्ष्मीः करमुले सरस्वतीः।
करमध्ये तु गोविन्दः प्रभात करदर्शनम्॥

karāgre vasate lakṣmiḥ karamūle sarasvatī ś
karamadhīye tu govindaḥ prabhāte karadarśanam ॥

On the tip of your fingers is Goddess Lakshmi, on the base of your fingers is Goddess Sarasvati in
the middle of your fingers is Lord Govinda -- in this manner you look at your palms.

नमोऽस्त्यन्नाय सहस्रमूर्तिये सहस्रपादक्षिपोरुबाहवे।
सहस्रनामः पशुवश्व गाःवश्व सहस्रकॊटियुष्टवारिणि नम॥

namo'śtanantāya sahasramūrtaye sahasrapādakṣiṣiṣīrorubāhave ś
sahasranāme puruṣāya sāsvate sahasrakoṭiyugadhāriṇe namaḥ ॥

Salutations to the infinite eternal Self, who is in different names and forms having thousands of
eyes, heads, legs and hands and who is the supporter of all the ages.

During Bath:

स्नान समये (snāna samaye):

गंगे च यमुने चं गोविन्दर्ष सरस्वति।
नमोऽस्त्यन्नाय जलविश्वायां संर्रविक्रु।॥

gāge ca yamune caiva godāvari sarasvatī ś
narmade sindu kāveri jale’smin sannidhiṁ kuru ॥

I take bath in this water, which is the water from all holy rivers such as the Ganges, the Yamuna,
Godavari and Saraswathi.

Before doing any work:

वक्रतुष्ण महाकाय सर्वकोटि समप्रभ।
निर्घन्तुः कुमे देव सर्वकार्येषु सर्वं॥

vakratuṣṇa mahākaaya sūryakoṭi sāmaprabha ś
narvighnah kurume deva sarva-kāryeṣu sarvāḥ ॥

Oh Lord with curved trunk , huge body , brilliance equal to millions of Suns, Please make my
endeavors free from obstacles at all times.
Before Studies:

अध्ययनानां प्राकः (adhyayanat prāk) :

सरस्वति नमस्तुभ्यं वरदे कामसुपीणी |
विद्यारम्भम् करिष्यामि सिद्धिर्भवतु मे सदा ||

sarasvati namastubhyan varade kamarupini |
vidyārambham kariṣyāmi siddhirbhavatu me sadā ||

O Goddess Sarasvati, my humble prostrations unto Thee, who are the fulfiller of all my wishes. I start my studies with the request that Thou wilt bestow Thy blessings on me.

Before Meals:

भोजनानां प्राकः (bhojanat prāk) :

यज्ञशिष्याधिनः सन्त मुच्यन्ते सर्वकिरिक्षिपेः |
भुजं ते न्ययं पापः ये पचन्यात्मकारणात् १३ ||

yajñaśiṣṭāśinaḥ sataḥ mucyante sarvakilbiṣaiḥ |
bhujate te tvaghaṁ pāpaḥ ye pacantyātmaṇīnaḥ || 3.13 ||

The noble people get rid of all the sins by taking the remnants of the sacrifice, but others commit sin by enjoying for themselves.

अहं वैश्वानरो भृत्या प्राणिना वेदमार्शितः |
प्राणाभ्यन्तस्मनुक्तः पचाय्यन्त चतुर्विधम् १४ ||

ahāṁ vaiśvānaro bhūtvā prāṇināṁ dehamāśritaḥ |
prāṇapānasamāyuktaḥ pacāmyannāṁ caturvidham || 15.14 ||

As the digestive fire remaining in the human body, I (Lord) digests the four kinds of food by combining with incoming (Prana) and outgoing (Apana) vital air.

ब्रह्मार्पणं ब्रह्म हीरं ब्रह्मायो ब्रह्मर्यु वहनम् |
ब्रह्मिव तन्न गन्तव्यं ब्रह्मकर्मसमाधिनः ॥

brahmārpanaṁ brahma haviḥ brahmaṅgau brahmaṅaḥ hutam|
brahmaiva tena gantavyaṁ brahmakarmasamādhinaṁ || 4.24 ||

The ladle is Brahman, the oblation is Brahman. The offering is poured by Brahman in the fire of Brahman. Brahman alone is to be reached by him who sees Brahman in all actions.
During Showing Lamp to the Lord:

दीपदर्शने (dipadarśane) :

श्रुभं करोति कल्याणम्
आराग्यं धनसंपदः ।
अनुव्रृद्धिविनाशाय
दीप्योदितमोक्षस्तु ते ॥

śubhaṁ karoti kalyāṇam
ārogyam dhanasaṁpadah ।
śatrubuddhināśaya
dipajyotimamo'stu te ॥

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.

Before Going to Sleep:

शयनसमय श्रमपणम् (śayanasamaye kṣamāpaṇam) :

करचरणं वाक्क कायं कर्मं वा
श्रवणनयनं वा मानसं वादपराधम् ।
विहितमवहितं वा सर्वमेतं क्षमस्य
जय जय करुणायं श्रीभृस्मदेवं शङ्खो ॥

karacaraṇakṛtāṁ vāk kāyaṁ karmajāṁ vā
śravāṇanayanaṁ vā māṇasaṁ vā parādham ।
vihitamavihitaṁ vā sarvametat kṣamasva
jaya jaya karuṇābdhe śrimahādeva śaṁbho ॥

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