

Morning Prayers

Om, Gurur brahmā
Gurur vishnuḥ
Gurur devo maheshvaraḥ
Guruh sākshāt param brahma
Tasmai shrī gurave namaḥ

The Guru is Brahma (the creator)
The Guru is Vishnu (the sustainer)
The Guru is Shiva (the Lord of dissolution)
Truly, the Guru is the Transcendent One
To that most venerable Guru, homage.

Asato mā sad gamaya
Tamaso mā jyotir gamaya
Mrityor mā amritam gamaya

Lead me from the unreal to the real
Lead me from darkness to light
Lead me from mortality to immortality

Om Saha nāvavatu
Saha nau bhunaktu
Saha vīryam karavāvahai
Tejasvi nāvadhītam astu
Mā vidvishāvahai

O Lord, may we be protected
May we be nourished
May we create strength among one another
May our study be filled with light
May there be no ill-feeling among us

Om shāntiḥ shāntiḥ shāntiḥ

Om, Peace, peace, peace

Prātaḥ smarāmi hṛdi saṁsphurad ātmatattvaṁ
sac-cit-sukhaṁ parama-haṁsa-gatiṁ turīyam |
yat svapna-jāgrata-suṣuptim avaiti nityaṁ
tad brahma niṣkalam ahaṁ na ca bhūta-saṅghaḥ || (1)

At dawn do I meditate on that which shines in the heart as the Self; the Truth; that which is existence, intelligence, happiness; that which is the goal of the great sages; that which is the transcendent reality. I am that eternal Brahman which is blemishless and which knows the three states of dreaming, waking and sleeping, and not the aggregate of elements.

prātar bhajāmi manasām vacasām agamyam
vāco vibhānti nikhilā yad anugraheṇa |
yan neti neti vacanair nigamā avocaṁs
taṁ deva-devam ajam acyutam āhur agryam || (2)

At dawn do I sing the praise of that which is unreachable for the mind and words, but by whose grace all words shine, that which the scriptures indicate by the words, “not this, not this.” The foremost God of Gods they say, is unborn and unchanging.

prātar namāmi tamasah param-arka-varnam
pūrṇam sanātana-padam puruṣottam ākhyam |
yasminn idam jagad-aśeṣam aśeṣa-mūrtau
rajjvām bhujāṅgama iva pratibhāsitaṁ vai || (3)

At dawn do I bow to that which is called the highest person, whose hue is of the ray beyond darkness, that which is the plenum and the ancient goal, that remainderless form in which this entire world shines, like a serpent in a rope.

śloka-trayam idam puṇyam loka-traya-vibhuṣaṇam |
prātaḥ-kāle smaret yas tu sa gacet paramam padam || (4)

He who at dawn recites this auspicious triad of verses, an ornament to the three worlds, will go to the supreme place, moksha, the final goal.

Om pūrnam adaḥ pūrnam idam	This is perfect, that is perfect
Pūrṇāt pūrnam udacyate	Perfection arises from the perfect
Pūrnasya pūrnam ādāya	When perfection is taken from the perfect
Pūrnam evāvashishyate	Perfection still remains

Om shāntiḥ shāntiḥ shāntiḥ	Om, peace, peace, peace
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