**Everyday Shlokas**

**Before you get out of bed:**

**Karaagre Vasate Lakshmi**

Karagre Vasate Lakshmi

Karamule Saraswati

Karamadhye Tu Govinda

Prabhate Kara Darshanam

कराग्रे वसते लक्ष्मिः करमूले सरस्वति ।

करमध्ये तु गोविन्दःप्रभाते करदर्शनम् ॥

On the tip of hand (fingers) resides Goddess Lakshmi, At the base (wrist) of the hand sits Goddess Saraswati. At the center of the hand (palm) resides God Govinda. It is auspicious to look at the hands in the morning.

**Samudra Vasane Devi**

Samudra Vasane Devi

Parvata Stana Mannddale

Vishnu Patni Namastubhyam

Paada Sparsham Kshamasvame

समुद्रवसने देवि पर्वतस्तनमण्डले ।

विष्णुपत्नि नमस्तुभ्यं पादस्पर्शं क्षमस्वमे ॥

(Oh Mother Earth) O Devi, You Who have the Ocean as Your Garments, and Mountains as Your Bosom, O Consort of Lord Vishnu, Salutations to You; Please Forgive my Touch of the Feet (on Earth, which is Your Holy Body).

**Brahma Murari Tripurantakari**

Brahma Muraari Tripuraantakaarii

Bhaanuh Shashi Bhumisuto Budhash Ca

Gurushca Shukrah Shani Raahu Ketavah

Kurvantu Sarve Mama Suprabhatam

ब्रह्मा मुरारिस्त्रिपुरान्तकारी

भानुः शशी भूमिसुतो बुधश्च ।

गुरुश्च शुक्रः शनिराहुकेतवः

कुर्वन्तु सर्वे मम सुप्रभातम् ॥१॥

(In the early morning I remember) The Devas Brahma, Murari (The enemy of demon Mura, refers to Sri Krishna or Vishnu) and Tripurantakari (The One Who has brought an end to Tripurasuras, refers to Sri Shiva), The Planets Bhanu (The Sun), Shashi (The Moon), Bumisuta (Mars) and Budha (Mercury), Guru (Jupiter), Shukra (Venus), Shani (Saturn), Rahu and Ketu, May all of them make my Morning Auspicious.

**Aditasya Cha Somaya**

Adityaya Cha Somaya Mangalaya Budhaya Cha

Guru Sukra Sanibhyascha Rahave Ketave Namah

**While bathing:**

**Ganga Sindhu**

Om Ganga Sindhu Saraswati Cha Yamuna

Godavari Narmada Kaaveri Saryu

Mahendra Tanya Charmanvati Vedika

Kshipra Vetravati Mahasur Nadi

Khyata Gayaa Gandaki

Purnaa Purna Jaley Samudra Sanhitaa

Snanam Sadaa Mangalam

गंगा सिंधु सरस्वति च यमुना गोदावरि नर्मदा ।

कावेरि शरयू महेन्द्रतनया चर्मण्वती वेदिका ।।

क्षिप्रा वेत्रवती महासुरनदी ख्याता जया गण्डकी ।

पूर्णा:पूर्णजलै:समुद्रसहिता स्नानम सदा मंगलम .

O rivers Ganga, Yamuna, Godavari, Saraswati, Narmada, Sindhu and Kaveri, please enrich the water I am bathing with, with your presence.

**Gange Cha Yamune Chaiva**

Gange Cha Yamune Chaiva

Godaavari Saraswati

Narmade Sindhu Kaaveri

Jalesmin Sannidhim Kuru

गङ्गे च यमुने चैव गोदावरि सरस्वति ।

नर्मदे सिन्धु कावेरि जलेऽस्मिन् संनिधिं कुरु ॥

O Holy Rivers Ganga and Yamuna, and also Godavari and Saraswati,

O Holy Rivers Narmada, Sindhu and Kaveri; Please be Present in this Water (and make it Holy)

**Kaveri Narmada Veni**

**Namami Gange Tava Pada Pankajam**

**While doing namaskaram to sun:**

**Adideva Namastubhiyam**

Adideva Namastubhyam

Prasiida Mama Bhaaskara

Divaakara Namastubhyam

Prabhaakara Namostu Te

आदिदेव नमस्तुभ्यं प्रसीद मम भास्कर ।

दिवाकर नमस्तुभ्यं प्रभाकर नमोऽस्तु ते ॥१॥

1.1: (Salutations to Sri Suryadeva) My Salutations to You O Adideva (the first God), Please be gracious to me O Bhaskara (the Shining One),

1.2: My Salutations to You, O Divakara (the maker of the Day), and again Salutations to You, O Prabhakara (the maker of Light).

**Adityasya Namaskaram**

Adityasya Namaskaram

Ye Kurvanti Dine Dine

Janmantar Sahastresu

Daridram Nopajayate

आदित्यस्य नमस्कारं

ये कुर्वन्ति दिने दिने

जन्मान्तर सहस्रेषु

दारिद्र्यं नोपजायते

**12 Names of Surya:**

Om Mitraya namah (The friend of all)

Om Ravaye namah (Praised by all)

Om Suryaya namah (The guide of all)

Om Bhanave namah (The bestower of beauty)

Om Khagaya namah (Stimulator of the senses)

Om Pushne namah (The nourisher of all)

Om Hiranyagarbhaya namah (The creator)

Om Marichaye namah (Destroyer of disease)

Om Adityaya namah (The inspirer)

Om Savitre namah (The purifier)

Om Arkaya namah (The radiant)

Om Bhaskaraya namah (The illuminator)

**While doing divo:**

**Shubham Karoti Kalyanam**

Shubham Karoti Kalyaannam

Aarogyam Dhana Sampadaa

Shatru Buddhi Vinaashaaya

Diipa Jyotir Namostute

शुभं करोति कल्याणमारोग्यं धनसंपदा ।

शत्रुबुद्धिविनाशाय दीपज्योतिर्नमोऽस्तुते ॥

1: (Salutations to the Light of the Lamp) Which Brings Auspiciousness, Health and Prosperity,

2: Which Destroys Inimical Feelings; Salutations to the Light of the Lamp

**Before eating:**

**Aham Vaishva**

Aham Vaishvanaro Bhutva

Praninaam Dehamaashritaha

Pranapana Samayuktah

Pachaamyannam Chaturvidham

अहं वैश्वानरो भूत्वा प्राणिनां देहमाश्रितः ।

प्राणापान समायुक्तः पचाम्यन्नं चतुर्विधं ।।

Becoming the life-fire in the bodies of living beings mingling with the subtle breaths, I digest the four kinds of food.

**Om Sahana Vavatu**

Om Sahana Vavatu

Saha Nau Bhunaktu

Saha Veeryam Karava Vahai

Tejasvi Naav Adhiitamastu

Maa Vidvissaavahai

Om Shanti Shanti Shanti

ॐ सह नाववतु ।

सह नौ भुनक्तु ।

सह वीर्यं करवावहै ।

तेजस्वि नावधीतमस्तु मा विद्विषावहै ।

ॐ शान्तिः शान्तिः शान्तिः ॥

Om, Together may we two Move (in our Studies, the Teacher and the Student), Together may we two Relish, Together may we perform (our Studies) with Vigor, May what has been Studied by us be filled with the Brilliance; May it Not give rise to Hostility

**Annapoorne Sada Poorne**

Annapurna Sadaa Puurnne

Shankara Prana Vallabhe

Jnana Vairaagya Siddhartham

Bhikssaam Dehi Ca Paarvati

अन्नपूर्णे सदापूर्णे शङ्करप्राणवल्लभे ।

ज्ञानवैराग्यसिद्ध्यर्थं भिक्षां देहि च पार्वति ॥११॥

(Salutations to Mother Annapoorna) O Mother Annapoorna, You Who are always Full (with the gift of Food and Blessings), You Who are the Beloved of Shankara, O Mother Parvati, Please grant me the Alms of Your Grace, to awaken within me Spiritual Knowledge and Freedom from all Worldly Desires.

**Brahmarpanam**

Brahmarpanam

Brahma Havir Brahmagnau

Brahmanaahutam

Brahmaiva Tena Ghantavyam

Brahma Karma Samadhina

ब्रह्मार्पणं ब्रह्म हविर्ब्रह्माग्नौ ब्रह्मणाहुतम् ।

ब्रह्मैव तेन गन्तव्यं ब्रह्म कर्म समाधिना ।।

The act of offering is God, the oblation is God

By God it is offered into the Fire of God

God is That which is to be attained by him

Who performs action pertaining to God

**Daily Shlokas:**

**Vakratunda Mahakaya**

Vakra-Tunndda Maha-Kaaya

Suurya-Kotti Samaprabha

Nirvighnam Kuru Me Deva

Sarva-Kaaryessu Sarvadaa

वक्रतुण्ड महाकाय सूर्यकोटि समप्रभ ।

निर्विघ्नं कुरु मे देव सर्वकार्येषु सर्वदा ॥

(Salutations to Sri Ganesha) Who has a Curved Trunk, Who has a Large Body and Whose Splendor is similar to Million Suns; O Deva, Please Make my Undertakings Free of Obstacles, By extending Your Blessings in All my Works, Always.

**Saraswati Namastubhyam**

Saraswati Namastubhyam

Varade Kaama-Ruupinni

Vidyaarambham Karissyaami

Siddhir-Bhavatu Me Sadaa

सरस्वति नमस्तुभ्यं वरदे कामरूपिणि ।

विद्यारम्भं करिष्यामि सिद्धिर्भवतु मे सदा ॥

Salutations to Devi Saraswati, Who is the giver of Boons and fulfiller of Wishes,

O Devi, when I begin my Studies, Please bestow on me the capacity of Right Understanding, always.

**Guru Brahma**

Gurur Brahma Gurur Vishnu

Gurur Devo Maheshwara

Guru Saakshaat Para Brahma

Tasmai Sri Gurave Namaha

गुरुर्ब्रह्मा गुरुर्विष्णु र्गुरुर्देवो महेश्वरः

गुरु साक्षात परब्रह्मा तस्मै श्रीगुरवे नमः

Guru is the Creator (Brahma), Guru is the Preserver (Vishnu), Guru Deva is Destroyer (Maheshwara) Guru is the absolute (singular) Lord himself, Salutations to that Sri Guru

**Om Bhur Bhuvah Svah**

Om Bhuur-Bhuvah Svah

Tat-Savitur-Varennyam

Bhargo Devasya Dhiimahi

Dhiyo Yo Nah Pracodayaat

ॐ भूर्भुवः स्वः

तत्सवितुर्वरेण्यं

भर्गो देवस्य धीमहि

धियो यो नः प्रचोदयात् ॥

1: Om, Pervading the Bhu Loka (Earth, Consciousness of the Physical Plane), Bhuvar Loka (Antariksha, The Intermediate Space, Consciousness of Prana) and Swar Loka (Sky, Heaven, Consciousness of the Divine Mind),

2: That Savitur (Savitri, Divine Essence of the Sun) which is the most Adorable,

3: I Meditate on that Divine Effulgence,

4: May that Awaken our Intelligence (Spiritual Consciousness).