

Morning Prayers in the Himalayan Tradition of Shri Swami Rama

OM! OM! OM!

**Gurur Brahmā Gurur Vishnu
Gurur Devo Maheśvarah
Guruh sākshāt param Brahma
Tasmai Shrī Gurave namah**

**OM! OM! OM! To that beautiful and benevolent Guru who is
Brahmā, the Creator, Vishnu, the Maintainer, and Shiva,
the Great Lord through whom all beings return to their origin.
To that Guru who is the direct experience of the highest
Supreme Brahman, I offer my homage to that very one.**

**Akhanda Mandala-kāram
Vyaptam yena charā-charam
Tatpadam darshitam yena
Tasmai Shrī Gurave namah**

**Salutations to that beautiful and belevolent Guru through
whom was revealed [to me] that state [of consciousness]
which pervades the entire unbroken circle [of creation],
moving and unmoving.**

**Hiranya-garbha-dā-rabdhām
Shesha-Vyasādi mādhyaamām
Swami Shrī Rama-pādantām
Vande Guru-paramparām**

**I worship that unbroken stream of the light of consciousness,
originating from the Golden Womb, the first guru, flowing
through the medium of teachers like Patanjali, Vyasa and
the others, and ending at the feet of Shri Swami Rama.**

OM!

**asato mā sad gamaya!
tamaso mā jyotir gamaya!
mṛtyor mā amṛtam gamaya!
OM! Shāntih! Shāntih! Shāntih!**

OM!

**Lead me from the unreal to the Real!
Lead me from darkness to Light!
Lead me from mortality to immortality!
OM! Peace! Peace! Peace!**

The Prayer at Dawn by Shri Shankacharya

**prātah smarāmi hrđi samsphurad ātma-tattvam
sat-chit-sukham parama-hamsa-gatim turiyam
yat-svapna-jāgara-sushuptim avaiti nityam
tad brahma niskalam aham
na cha bhūta-samghah**

**At dawn do I meditate upon That which shines in the heart as the Self,
the Truth, That which is existence, consciousness and bliss, That
which is the goal of the great sages, That which is the transcendent,
fourth reality. I am that eternal Brahman which is blemishless and
knows the three states of waking, dream and sleep, and not the
aggregate of elements.**

**prātar bhajāmi manasām vachasām agamyam
vāchor vibhānti nikhilā yad-anugrahena
yan neti-neti-vachanāir nigamā avocham
tam deva-devam ajam achyutam āhur agrayam**

**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, "neti-neti," not this, not that. The
foremost God of gods, they say, is unborn and unchanging.**

**prātar nam āmi tamasah param ārka-varnam
pūrnām sanātana-padam purushottamākhyam
yasmin-idam jagad-shesham ashesha-mūrtāu
rajivām bhujangama iva pratibhāsitam vai**

**At dawn do I bow to that which is called the Highest Person, Whose
hue is the color 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 the rope.**

**Shloka-trayam idam punyam
loka-traya-vibhūshanam
prātar kāle pathed yastu
sa gacchet paramam padam**

**S/he who at dawn recites this auspicious triad of verses, an
ornament to the Three Worlds,
shall go the supreme place,
moksha, the final goal.**

**OM! saha nāv avatu
saha nāu bhunaktu
Saha vīryam karavāvahāi
Tejasvī nāv adhītam astu
mā vidvishāvahāi
OM! Shāntih! Shāntih! Shāntih!**

**OM! May God protect us together.
May God nourish us together.
May we work together with great energy.
May our studies be filled with brilliant light.
May love and harmony dwell among us.
OM! Peace! Peace! Peace!**

(Morning Prayers Cont'd)

OM! pūrnām adah
pūrnām idam
pūrnāt pūrnām udachyate
pūrnasya pūrnām ādāya
pūrnām evāvashishyate
OM! Shāntih! Shāntih! Shāntih!

OM! That is Perfect.
This is Perfect.
Perfection arises from the Perfect
If the Perfect is taken from the Perfect,
what alone remains is Perfect.
OM! Peace! Peace! Peace!

Evening Prayers in the Himalayan Tradition of Shri Swami Rama

OM! OM! OM!
Gurur Brahmā Gurur Vishnu
Gurur Devo Maheśvarah
Guruh sākshāt param Brahma
Tasmai Shrī Gurave namah

OM! OM! OM! To that beautiful and benevolent Guru who is
Brahmā, the Creator, Vishnu, the Maintainer, and Shiva,
the Great Lord through whom all beings return to their origin.
To that Guru who is the direct experience of the highest
Supreme Brahman, I offer my homage to that very one.

OM! saha nāv avatu
saha nāu bhunaktu
Saha vīryam karavāvahāi
Tejasvī nāv adhītam astu
mā vidvishāvahāi
OM! Shāntih! Shāntih! Shāntih!

OM! May God protect us together.
May God nourish us together.
May we work together with great energy.
May our studies be filled with brilliant light.
May love and harmony dwell among us.
OM! Peace! Peace! Peace!

From Saundarya-Lahari (The Wave of Bliss and Beauty) by Shri Shankacharya

Shivah shāktyā yukto yadi bhavati shaktah prabhāvitum
na ched evam devo na khalu kushalah spanditum api
atas tvām ārādhyām hari-hara-virinchyādibhir api
pranantum stotum vā katham akṛta-punyah prabhavati

The unmanifest Reality can manifest itself only with the
help of Mother Divine. All the forces are under Her
command. Without Her help, God is not able even to stir.
Is it possible for those who have not performed good
actions either to worship or praise Thee, O Mother, Thou
Who art worshipped by the three great powers of creation,
preservation and destruction?

avidyānām antas-timira-mihira-dvīpa-nagarī
jadānām chaitanya-stabaka-makaranda shruti-srtih
daridrānām chintā-mani-gunanikā janma-jaladhāu
nimagnānām damshtṛā mura-ripuvarāhasya bhavati

Thou art the sun which dispels the darkness of the ignorant,
To the unknowing Thou are the spiritual flower overflowing
with honey; to the needy thou art the gem which bestows
one's heart's desires; and to those who are drowning in the
ocean of births and deaths, Thou are the rescuer.

sudhā-sindhora-madhye sura-vitapi-vātī-parivṛte
mani-dvīpe nīpopavana-vatī chintāmani-grhe
shivākāre manche parama-shiva-paryanka-nīlayām
bhajanti tvām dhanyāh katichana chid-ānanda-laharīm
OM! Shāntih! Shāntih! Shāntih!

Blessed are the few that worship Three, the flood of
consciousness and bliss, having as Thy abode the lap of the
Supremely Auspicious One, in the mansion built from the
gems which yield all of one's heart's desires, situated in a OM!
garden on the isle of gems, surrounded by divine trees
in an ocean of ambrosia.
OM! Peace! Peace! Peace!

योग: समाधि:

