



## Early Morning Prayers

प्रातः स्मरण

कराग्रे वसते लक्ष्मी, करमध्ये सरस्वती ।  
करमूले तु गोविन्दः, प्रभाते करदर्शनम् ॥

Karaagre Vasate Lakshmeeh, Karmadhye Saraswatee.  
Karamoole tu Govindah, Prabhaate kara darshanam.

*The front of hands (i.e. finger tips) is ascribed to Laxmi (Goddess of wealth), the middle of the hands to Saraswati, and the root (i.e. part of hands near to the wrist) to Govinda. Therefore, every morning one should respectfully have a look at one's hands (which symbolizes honest labor).*

समुद्रवसने देवी, पर्वतस्तनमण्डले ।  
विष्णुपत्नि नमस्तुभ्यं, पादस्पर्श क्षमस्वमे ॥

Samudra vasane Devi, parvata stana mandale  
Vishnupatni namastubhyam, Paada sparsha kshamasvame.

*O! Mother Earth, who has the ocean as clothes and mountains and forests on her body, who is the wife of Lord Vishnu, I bow to you. Please forgive me for touching you with my feet.*





## Daily Prayers

### Lighting the Lamp

शुभं करोति कल्याणं आरोग्यं धनसंपदः ।  
शत्रुबुद्धिविनाशाय दीपज्योतिर्नमोस्तुते ॥

Shubham karoti kalyanam aarogyam dhanasampada,  
Shatru buddhivinashaaya deepajyotir namostute.

*I salute the One who is the lamplight, that brings auspiciousness,  
prosperity, good health, abundance of wealth, and the destruction  
of the intellect's enemy.*

### While Taking a Bath

गंगे च यमुने चैव गोदावरी सरस्वती ।  
नर्मदे सिन्धु कावेरी जलेस्मिन् सन्निधिं कुरु ॥

Gange cha Yamune chaiva Godavari Saraswati,  
Narmade Sindhu Kaveri jalesmin sannidhim kuru.

*In this water, I invoke the presence of holy waters from the rivers  
Ganga, Yamuna, Godavari, Saraswati, Narmada, Sindhu and  
Kaveri*

