

PRĀTAH SMARĀMI

Prātah smarāmi ḥṛdi saṃsphuradātmātātvam

Saccit sukham paramahamsagatim turīyam

Yat svapna jāgara suṣuptamavaiti nityam

Tad brahma niṣkalamaha naca bhūtasāṅghaḥ

Every morning we remember our atman, which is existence-consciousness-bliss absolute, beyond all forms, eternal. It is beyond the states of waking, dream and sleep.

Prātarbhajāmi manaso vacasāmagamyam

Vāco vibhānti nikhilā yadanugraheṇa

Yan neti neti vacanair nigamā avocuḥ

Tam devadevamajamacyutamāhuragryam

Every morning we tune ourselves again and again to the Self which is beyond mind and speech. It can be described only as `Not this`, `Not this`. It is the God of gods, immutable and supreme.

Prātarnamāmi tamasah paramārkavarṇam

Pūrṇam sanātanapadam puruṣottamākhyam

Yasminnidam jagadaśeṣamaśeṣa mūrttau

Rajjvām bhujāṅgama iva pratibhāsitam vai

Every morning we surrender to that all pervasive reality which is as bright as the Sun. It is imminent and eternal. It is in that the world appears of manifold forms like a snake superimposed on a rope. I remember, I worship and I salute Him. May there be peace, peace and perfect peace.

Arsha Yoga

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