

### Śrī Sāradā Devi Suprabhātam (Tuesdays, Saturdays)

O Sri Sarada, the supreme mother of the universe, embodiment of Sakti, merciful, incarnated to relieve the world from grief - we pray. May the dawn be full of glory to you!

O Devi Sarada, in order to remove the ignorance of the world of samsara, You, even as a child surrendered yourself to Gadadhar sporting a human form and received from him all knowledge. May the dawn be full of glory to you!

O The beloved of Sri Ramakrishna, while still young, having heard the terrible news that your husband is mad, you dared to travel the long and difficult path to reach him. May the dawn be full of glory to you!

O The goddess of Sri Ramakrishna, having seen your husband as an ascetic, yet unperturbed, intent on serving him with your whole life, you dedicated yourself at the feet of your Master. May the dawn be full of glory to you!

Like one's mother and teacher you have dedicated your life to remove the ignorance of all who took refuge in you. Beloved of Sri Ramakrishna, may the dawn be full of glory to you!

### Śrī Sāradā Devi Suprabhātam

Mātaḥ samasta jagatām paramasya puṁsaḥ  
śakti-svarūpiṇi śive karuṇārdra citte  
lokasya śoka śamanāya kṛtāvātāre  
śrī sārādestu śivade tava suprabhātam

Bālye bhavasya tamasah parihārayitre  
līlā manuṣya vapuṣetha gadādhara  
datte tadarpitadhiyāpta samastavidye  
śrī sārādestu śivade tava suprabhātam

Bālyāt pare vayasi bhartari saṁpravṛttām  
unmatta ityanucitām avadhūya vārtām  
taddarśana-kramita durgamadūramārgē  
śrī rāmakṛṣṇa dayite tava suprabhātam

Samnyāsitaṁ patimavekṣya ca nodvijāne  
sevārpita trikaraṇe parīśuddha citte  
tatsādhanā caramasīmni samarpitāṅghre  
śrī rāmakṛṣṇa dayite tava suprabhātam

Yāmeva cātma jananīm bhavatāriṇīm ca  
sevāparām tu bubudhe gururasta bhedaḥ  
tasyāḥ samasta jagatosya śaraṇya mūrte  
śrī rāmakṛṣṇa dayite tava suprabhātam

Though your real nature is supreme bliss, you suffer like a housewife the sorrows of the world for the sake of your devotees. May the dawn be full of glory to you!

You, the embodiment of Sakti, by your numerous spontaneous words of wisdom help to remove the effects of all my karma. May the dawn be full of glory to you, the beloved of Sri Ramakrishna!

O Beloved of Sri Ramakrishna, protector of devotees and giver of liberation, though apparently attached to the world, your heart is established in the supreme. You are the mother of the entire world. May the dawn be full of glory to you!

Āvṛṇvatī paramikām prakṛtiṁ svakīyām  
saṁsāriṇīva bahuduḥkha jale bhavābdhau  
sarvaṁsahe śritajanoddharaṇaika dīkṣe  
śrī rāmakṛṣṇa dayite tava suprabhātam

Gehasya mārjana vidhau mama karmaśānti  
nāyātya saṁkhyā bhujā niṣkriyamāṇamevaṁ  
ākasmikokti vivṛtākhila śaktirūpe  
śrī rāmakṛṣṇa dayite tava suprabhātam

Śrī rāmakṛṣṇa dayite tadadhīna sattve  
tad bhaktavṛnda paripālīni mukti dātri  
tad bhāvarakta hṛdaye tadabhinna tattve  
mātaḥ samasta jagatām tava suprabhātam  
śrī rāmakṛṣṇa dayite tava suprabhātam

## ॐ Śāntimantrāḥ

Om. Lead me from the unreal to the Real. Lead me from darkness to Light. Lead me from death to Immortality.

Om. May the Brahman protect us both, the preceptor and the disciple. May He nourish us both. May we work together with great energy. May our study be vigorous and fruitful. May love and harmony dwell amongst us. Om. Peace, peace, peace.

Om. May the presiding deity of the day be propitious to us. May the presiding deity of the night be propitious to us. May the gods of strength and intellect be propitious to us. May the All-pervading Lord be propitious to us. Adoration to Brahman, adoration to Thee, the controller of activities. Thou art verily the visible Brahman. Verily, I declare Thee to be the visible Brahman. The right will I speak. The truth will I speak. May Brahman protect me. May Brahman protect the preceptor. May He protect me. May He protect the preceptor. Om Peace, peace, peace.

Om. O Gods, may we hear with our ears what is auspicious. O Ye adorable ones, may we see with our eyes what is auspicious. May we sing praises to you and enjoy with strong limbs and body the life allotted by the gods.

Om. We pray and worship the Supreme Person for the welfare of all. May all miseries and shortcomings leave us for ever so that we may sing praises of Vishnu. May the medicinal herbs grow in potency, so that diseases may be cured effectively. May the gods rain peace on us. May the human beings be peaceful. May peace be to all other creatures. Om Peace, peace, peace.

## ॐ Śāntimantrāḥ

ॐ Asato mā sadgamaya | tamaso mā jyotirgamaya |  
mṛtyormāmṛtaṁ gamaya || ॐ śāntiḥ śāntiḥ śāntiḥ

ॐ Saha nāvavatu | saha nau bhunaktu |  
saha vīryaṁ karavāvahai |  
tejasvi nāvadhītamastu mā vidviśāvahai ||  
ॐ śāntiḥ śāntiḥ śāntiḥ

ॐ Śaṁ no mitraḥ śaṁ varuṇaḥ | śaṁ no bhavatvaryamā |  
śaṁ na indro bṛhaspatiḥ | śaṁ no viṣṇu rurukramaḥ |  
namo brahmaṇe | namaste vāyo |  
tvameva pratyakṣaṁ brahmāsi |  
tvāmeva pratyakṣaṁ brahma-vadiṣyāmi | ṛtaṁ vadiṣyāmi |  
satyaṁ vadiṣyāmi | tanmāmavatu | tad vaktāramavatu |  
avatu mām | avatu vaktāram | ॐ śāntiḥ śāntiḥ śāntiḥ

ॐ Bhadraṁ karṇebhiḥ śṛṇuyāma devāḥ |  
bhadraṁ paśyemākṣabhir yajatrāḥ |  
sthirairaṅgaistuṣṭuvām sastaṅbhiḥ | vyaśema devahitaṁ  
yadāyuh |  
svasti na indro vṛddhaśravāḥ | svasti naḥ pūṣā viśvavedāḥ | svasti  
nastārḥṣyo ariṣṭanemiḥ | svasti no bṛhaspatirdadhātu |  
ॐ śāntiḥ śāntiḥ śāntiḥ

ॐ Tacchaṁyorāvṛṇīmahe | gātuṁ yajñāya | gātuṁ yajñapataye |  
daiṁ svastirastu naḥ | svastir mānuṣebhyaḥ |  
ūrdhvaṁ jigātu bheṣajaṁ | śaṁ no astu dvipade |  
śaṁ catuṣpade | ॐ śāntiḥ śāntiḥ śāntiḥ

May the winds bring us happiness. May the rivers carry happiness to us. May the plants give us happiness. May the heavens give us happiness. May night and day yield us happiness. May the dust of the earth bring us happiness. May the heavens give us happiness. May the trees give us happiness. May the sun pour down happiness. May the cows yield us happiness.

Om. All that is invisible is verily the infinite Brahman. All that is visible is also the infinite Brahman. The whole universe has come out of the infinite Brahman. Brahman is infinite although the whole universe has come out of it. Om. Peace, peace, peace.

May peace radiate there in the whole sky as well as in the vast ethereal space everywhere. May peace reign all over this earth, in water and in all herbs, trees and creepers. May peace flow over the whole universe. May peace be in the Supreme Being Brahman. And may there always exist in all peace and peace alone. Om peace, peace and peace to us and all beings!

### Gayatri mantra

We meditate on the glorious effulgence of the Supreme Being, out of whom all this creation - the earth, heavens and beyond — has come into being. May He illumine our minds and hearts and guide our energies.

I worship You, O sweet Lord of transcendental Vision. O giver of prosperity to all, may I be free from the bonds of death, like a ripe fruit dropping from the tree. May I never again forget my immortal nature.

May we know (realise) Ramakrishna the Supreme Self. For that, may we meditate upon the Supreme Self. May that Supreme Self impel us towards it.

ॐ Madhuvātā ṛtāyate madhuṣaranti sindhavaḥ |  
mādhvīrnaḥ santvoṣadhīḥ | madhu naktamutoṣasi  
madhumat pārthivaṁ rajaḥ | madhu dyaurastu naḥ pitā |  
madhu mānno vanaspatir madhu mām astu sūryaḥ |  
mādhvīr gāvo bhavantu naḥ ||  
ॐ madhu ॐ madhu ॐ madhu

ॐ Pūrṇamadaḥ pūrṇamidaṁ | pūrṇāt pūrṇamudacyate |  
pūrṇasya pūrṇamādāya pūrṇamevāvaśiṣyate ||  
ॐ śāntiḥ śāntiḥ śāntiḥ

ॐ Dyauḥ śāntirantarikṣaṁ śāntiḥ | pṛthivī śāntirāpaḥ śāntiḥ |  
ośadhayaḥ śāntiḥ | vanaspatayaḥ śāntiḥ | viśve devāḥ śāntiḥ |  
brahma śāntiḥ | sarvaṁ śāntiḥ | śāntireva śāntiḥ |  
sā mā śāntiredhi |  
ॐ śāntiḥ śāntiḥ śāntiḥ

### Gayatri mantra (to be repeated 3 times)

ॐ Bhūr bhuvaḥ svaḥ | tatsavitur vareṇyam |  
bhargo-devasya dhīmahi | dhiyo yo naḥ pracodayāt ||

ॐ Tryambakaṁ yajāmahe | sugandhim puṣṭi-vardhanaṁ |  
urvārukamiva bandhanāt-mṛtyormukṣīya māmṛtāt |  
ॐ namaḥ śivāya |

ॐ Hrīm rāmakṣṇa haṁsāya vidmahe |  
parama-haṁsāya dhīmahi | tanno haṁsaḥ pracodayāt ||

## Śrī Lalitā Prātaḥ Smaraṇa Stotraṁ

I meditate on Sri Lalita in the morning, whose face resembles a lotus, whose lower lip is like a bimba fruit, who is adorned with a large nose ring, whose eyes span from ear to ear, whose ears have diamond-studded ear-rings, who has a gentle graceful smile, and whose forehead is radiant and shining with the auspicious musk marks adorning it.

I worship Sri Lalita in the morning, whose arms and shoulders resembling a twining creeper are brightened with diamond-studded bracelets, whose fingers appear like tender leaves that have red diamond rings; possessing a whip, holding arrows made of sugar cane flowers.

I salute the lotus feet of Sri Lalita, who always grants the wishes of Her devotees; who is the boat that helps crossing of the ocean of transitory existence; who is worshiped by Brahma, Indra and other gods; who is characterized by a lotus, a prod, a flag and a discus.

I chant in the morning the holy name of Sri Lalita whose greatness can be understood through the scriptures; whose heart is very tender, filled with kindness; the one who is the cause of creation, sustenance, and dissolution of this universe; who is the presiding deity of all the universe and the one beyond the grasp of the Vedas, beyond speech, mind and intellect

O Mother! I chant in the morning your most auspicious names like 'Kameshwari, Kamala, Maheshwari, Shambhavi, Jagat-janani, Paradevata, Vagdevi, Tripureshwari.

## Śrī Lalitā Prātaḥ Smaraṇa Stotraṁ

Prātaḥ smarāmi lalitā vadanāravindaṁ  
bimbādharmaṁ pṛthala-mauktika śobhināśaṁ  
ākarna-dīrgha-nayanāṁ maṇi kuṇḍalādyāṁ  
mandasmitaṁ mṛgamadojjvala-phāla-deśaṁ

Prātarbhajāmi lalitā-bhuja-kalpavallīṁ  
ratnāṅgulīya-lasadaṅguli-pallavāḍyāṁ  
māṇikyā-hema-valayāṅgada-śobhamānāṁ  
puṇḍrekṣu-cāpa-kusumeṣu-sṛṅṅīn dadhānam

Prātar namāmi lalitā-caraṇāravindaṁ  
bhakteṣṭa-dāna-niratāṁ bhavasindhu-potaṁ  
padmāsanādi-surānāyaka-pūjanīyāṁ  
padmāṅkuśa-dhvaja-sudarśana-lāñchnāḍhyāṁ

Prātaḥ stuve paraśivāṁ lalitāṁ bhavānīṁ  
trayyanta-vedya-vibhavāṁ karuṇānavadyāṁ  
viśvasya sṛṣṭi-vilaya-sthiti-hetu-bhūtāṁ  
viśveśvarīṁ nigamavāṅg manasātīdūrāṁ

Prātar vadāmi lalite tava puṇyanāma  
kāmeśvarīti kamaleti maheśvarīti  
śrī śāmbhavīti jagatāṁ janānī pareti  
vāgdevateti vacasā tripuresvarīti

## Devī Praṇāmaḥ

O Goddess Sarasvati in the shrine of Sarada Pitha in Kashmira, I offer my salutation to you. I pray always to thee to grant me the gift of knowledge.

Thou art the faith, the power of retention [of what is learned] and the power of memory. Thou art the goddess of speech. Thou the consort of Lord Brahma. Thou that dwell at the tip of the tongue of devotees. Thou the granter of qualities like mastery over the mind!

I salute thee, who has mastery over everything, whose hair is done to the liking of Lord Brahma, who is Parvati and who is the knowledge-river that extinguishes the fire of the afflictions of transmigratory existence.

My constant salutations to Goddess Durga; repeated salutations to goddess Sarasvati who is the abode of knowledge such as Vedas, Vedangas and Upanisads.

Repeated salutations to Sarasvati whose nature is Brahman, who is supreme, whose form is the light of knowledge, who is the presiding deity of all knowledge and who is eternal.

Repeated salutations to goddess Sarasvati, who is the presiding deity of knowledge and without whom the entire world of living beings would become lifeless.

Salutations to Sarasvati, the presiding deity of speech, without whom the entire world would be mute devoid of balance.

## Devī Praṇāmaḥ

Namaste śārāde devī kāśmīra pura vāsini  
tvāmahaṃ prārthaye nityaṃ, vidyā dānaṃ ca dehi me

Yā śraddhā, dhāraṇā medhā, vāg devī vidhi vallabhā  
bhakta jihvāgra sādhanā śamādi guṇa dāyini

Namāmi yāminīm nāda lekhālaṅkṛta kuntalaṃ  
bhavānīm bhava santāpa nirvāpaṇa sudhā nadīm

Bhadra kālyai namo nityaṃ sarasvatyai namo namaḥ  
veda vedāṅga vedānta vidyā sthānebhya eva ca

Brahma svarūpā paramā jyoti rūpā sanātani  
sarva vidyādhi devī yā tasyai vāṅyai namo namaḥ

Yayā vinā jagat sarvam śāśvajjīvan mṛtam bhavet  
jñānādhi devī yā tasyai sarasvatyai namo namaḥ

Yayā vinā jagat sarvaṃ mūkaṃ unmattavad sadā  
yā devī vāg adhiṣṭātrī tasyai vāṅyai namo namaḥ