

# PRATAH SMARANAM



## Verse 1

प्रातः स्मरामि हृदि संस्फुरदात्मतत्त्वं  
सच्चित्सुखं परमहंसगतिं तुरीयम् ।  
यत्स्वप्नजागरसुषुप्तिमवैति नित्यं  
तद्ब्रह्म निष्कलमहं न च भूतसङ्घः ॥१॥

prāta: smarāmi hṛdi saṁsphuradātmatatvaṁ  
saccitsukhaṁ parahaṁsagatiṁ turīyam |  
yatsvapnajāgarasuṣuptamavaiti nityaṁ  
tadbrahma niṣkalamahaṁ na ca bhūta saṅgha: ||1||

I remember in the morning the Ātma which shines in the heart, which is in the form of sat, cit, ānandā, which is the goal to be attained by Paramahansa sanyasis, which is called the “fourth” because always witnesses the three states of waking, dream and deep sleep. I am that Brahman which is indivisible and not composed of the five elements space, air, fire, water and earth. [Verse 1]

## Verse 2

प्रातर्भजामि मनसा वचसामगम्यं  
वाचो विभान्ति निखिला यदनुग्रहेण ।  
यन्नेतिनेतिवचनैर्निगमा अवोचंन्  
तं देवदेवमजमच्युतमाहुरग्र्यम् ॥२॥

prātarbhajāmi manasāṃ vacasāmagamyam  
vāco vibhānti nikhilā yadanugraheṇa |  
yam neti neti vacanairnigamā avocan  
taṃ devadevamajamacyutamāhuragriyam ||2||

I worship in the morning, that supremely effulgent brahma ātma tatvam who is spoken of (in the vedas) as unborn, changeless and the highest, who is inaccessible to the mind and whom words cannot directly describe, but by whose blessing the faculty of speech functions and who is described in the Upanisads by the words 'not this' 'not this'. [Verse 2]

### Verse 3

प्रातर्नमामि तमसः परमर्कवर्णं  
पूर्णं सनातनपदं पुरुषोत्तमाख्यम् ।  
यस्मिन्निदं जगदशेषमशेषमूर्तौ  
रज्ज्वां भुजङ्गम इव प्रतिभासितं वै ॥३॥

prātarnamāmitamasa: paramarkavarṇam  
pūrṇaṃsanātanapadaṃpuruṣottamākhyam ।  
yasminnidaṃjagadaśeṣamaśeṣamūrtau  
rajjvāṃbhujāṅgamaivapratibhāsitaṃvai ॥ 3 ॥

I offer my namaskarams or salutations to that brahma ātma tatvam, who is known as the supreme Puruṣha, who is beyond the darkness of ignorance, who is brilliant like the sun, who is everything and on whom the entire universe appears, just as a rope appears as a snake. [Verse 3]

### Verse 4

श्लोकत्रयमिदं पुण्यं लोकत्रयविभूषणम् ।  
प्रातःकाले पठेद्यस्तु स गच्छेत्परमं पदम् ॥४॥

ślokatrayamidaṃ puṇyam lokatrayavibhūṣaṇam ।  
prāta: kāle paṭhdhyastu sa gacchetparamaṃ padam ॥ 4 ॥

The above 3 verses are sacred verses because they are dealing with sacred Ātma they are borrowed from the sacred vedās. Greatest ornament in all 3 worlds dealing in ātma vidya, vidya is the greatest ornament in the form of knowledge. [Verse 4]