ASTROBHAVA

SACRED HYMN · SANSKRIT (DEVANAGARI) WITH MEANING

Pratah Smarana Stotram

Attributed to Adi Shankaracharya

THE COMPLETE HYMN · SANSKRIT (DEVANAGARI)

Three verses with their verse of benefit, as the hymn is printed. The printed closing line is given at the end.

VERSE 1

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

At dawn I call to mind the reality of the Self shining in the heart: being, awareness and bliss, the goal of the highest renunciates, the fourth state. That partless Brahman which always witnesses dream, waking and deep sleep is what I am, not this gathering of elements.

VERSE 2

प्रातर्भजामि मनसा वचसामगम्यं वाचो विभान्ति निखिला यदनुग्रहेण ।
यन्नेतिनेतिवचनैर्निगमा अवोचुस्तं देवदेवमजमच्युतमाहुरग्र्यम् ॥

At dawn I worship with the mind That which words cannot reach, yet by whose grace all words shine. The Vedas spoke of It by saying 'not this, not this'; the sages call It the God of gods, unborn, unfailing and supreme.

VERSE 3

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

At dawn I bow to That beyond darkness, bright as the sun, full and complete, the eternal state called the Supreme Person. In that whole and undivided Being this entire world only appears, as a snake appears in a rope.

PHALA SHRUTI 1

श्लोकत्रयमिदं पुण्यं लोकत्रयविभूषणम् ।
प्रातःकाले पठेद्यस्तु स गच्छेत्परमं पदम् ॥

These three holy verses are an ornament of the three worlds. The verse says that whoever recites them at dawn reaches the highest state.

CLOSING

इति श्रीशङ्करभगवत्पादविरचितं प्रातस्स्मरणत्रयम् ॥

Thus ends the morning remembrance in three verses composed by Shri Shankara Bhagavatpada.

Read it on its page

The Pratah Smarana Stotram with its meaning, how and when it is recited, and the same text in five more scripts: astrobhava.com/mantra/pratah-smarana-stotram/



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