

॥प्रातःस्मरणम्॥

Introduction

In these three verses of Sri Sankara Bhagavatpada the essence of Advaita Vedanta has been brought out.

प्रातः स्मरामि हृदि संस्फुरदात्मतत्त्वं

सच्चित्सुखं परमहंसगतिं तुरीयम्।

यत्स्वप्नजागरसुषुप्तिमवैति नित्यं

तद्ब्रह्म निष्कलमहं न च भूतसङ्घः॥१

1. I remember in the morning the Self which shines in the heart, which is existence-consciousness-bliss, which is the goal to be attained by Paramahansa sannyasis, which is called the 'fourth' because it is beyond the three states of waking, dream and deep sleep, and which always witnesses the states of waking, dream and deep sleep. I am that Brahman which is indivisible and not the aggregate of the five elements, ether, air, fire, water and earth.

प्रातर्भ्रजामि मनसा वचसामगम्यं

वाचो विभान्ति निखिला यदनुग्रहेण।

यन्नेतिनेतिवचनैर्निगमा अवोचं-

स्तं देवदेवमजमच्युतमाहुरग्र्यम्॥२

2. I worship mentally in the morning that supremely effulgent Being who is spoken of (in the Vedas) as unborn, changeless, and the highest, whom words cannot directly describe, but by whose blessing the faculty of speech functions, and who is described in the Upanishads by the words 'not this, not this'.

प्रातर्नमामि तमसःपरमर्कवर्णं

पूर्णं सनातनपदं पुरुषोत्तमाख्यम्।

यस्मिन्निदं जगदशेषमशेषमूर्तौ

रज्ज्वां भुजङ्गम इव प्रतिभासितं वै॥३

3. I bow down in the morning to the infinite, eternal Being who is known as the supreme Purusha, who is beyond the

darkness of ignorance, who is resplendent like the sun, who is everything and on whom this entire universe appears, just as a rope appears as a snake.

श्लोकत्रयमिदं पुण्यं लोकत्रयविभूषणम्।

प्रातःकाले पठेद्यस्तु स गच्छेत्परमं पदम्॥४

4. One who reads every morning this sacred triad of verses which is an ornament for all the three worlds will attain to the supreme state of liberation.

इति श्रीमच्छंकरभगवत्पादविरचितं परब्रह्मणः प्रातःस्मरणस्तोत्रं सम्पूर्णम्।