

Shiva Pratah Smaran Stotram

प्रातः स्मरामि भवभीतिहरं सुरेशं गङ्गाधरं वृषभवाहनमम्बिकेशम् ।

खट्वाङ्गशूलवरदाभयहस्तमीशं संसाररोगहरमौषधमद्वितीयम् ॥ 1 ॥

*prātaḥ smarāmi bhava bhīti haraṃ sureśaṃ gaṅgā dharaṃ vṛṣabha vāhanam
ambikeśam ।*

*khaṭvāṅga śūla varada abhaya hastam īśaṃ saṃsāra roga haram auśadham
advitīyam ॥ 1 ॥*

Meaning: I concentrate in the morning on the Self that shines in the heart, which is existence-consciousness-bliss, which is the objective of paramahansa sannyasis, and which is termed the 'fourth' because it is beyond the three states of waking, dream, and profound sleep, and which always witnesses the three states. I am that indivisible Brahman, not the sum of the five elements of ether, air, fire, water, and earth.

प्रातर्नमामि गिरिशं गिरिजार्धदेहं सर्गस्थितिप्रलयकारणमादिदेवम् ।

विश्वेश्वरं विजितविश्वमनोभिरामं संसाररोगहरमौषधमद्वितीयम् ॥ 2 ॥

prātar namāmi giriśaṃ girijārdhadehaṃ sarga sthiti pralaya kāraṇam ādi devam ।

*viśveśvaraṃ vijita viśva manobhirāmaṃ saṃsāra roga haram auśadham advitīyam
॥ 2 ॥*

Meaning: In the morning, I worship that supremely effulgent Being who is described in the Vedas as unborn, changeless, and highest, who is inaccessible to the mind and whom words cannot directly describe, but whose blessing allows the faculty of speech to function, and who is described in the Upanishads by the words 'not this, not this.'

प्रातर्भजामि शिवमेकमनन्तमाद्यं वेदान्तवेद्यमनघं पुरुषं महान्तम् ।

नामादिभेदरहितं षड्भावशून्यं संसाररोगहरमौषधमद्वितीयम् ॥ 3 ॥

*prātar bhajāmi śivam ekam anantam ādyaṃ vedānta vedyam anaghaṃ puruṣaṃ
mahāntam ।*

*nāmādheda rahitaṃ ṣaḍbhāvaśūnyaṃ saṃsāra roga haram auśadham advitīyam
॥ 3॥*

Meaning: In the morning, I kneel down to the supreme Purusha, the infinite, eternal Being who is beyond the darkness of ignorance, who is radiant like the sun, who is everything, and on whom this entire universe appears, similar to how a rope looks as a snake. The supreme state of liberation is attained by reading this sacred triad of verses every morning, which is an ornament for all three worlds.

प्रातः समुत्थाय शिवं विचिन्त्य श्लोकांस्त्रयं येऽनुदिनं पठन्ति ।

ते दुःखजातं बहुजन्मसञ्चितं हित्वा पदं यान्ति तदेव शम्भोः ॥ ४॥

prātaḥ samutthāya śivaṃ vicintya ślokāṃstrayaṃ ye'nudinam paṭhanti ।

te duḥkhajātaṃ bahujanmasañcitaṃ hitvā padaṃ yānti tadeva śambhoḥ ॥ 4॥

Meaning: A person who performs daily 'dhyana' on Shiva and then recites these three Slokas becomes rid of all the accumulated sorrows of countless lifetimes and attains Shiva's blissful stage.

Description

This is a short and lovely 'Three Shloka Prayer' that fills you with energy and enjoyment at the start of the day. Sri Adi Shankaracharya composed this piece.