

॥श्रीः॥

॥ प्रातःस्मरणस्तोत्रम् ॥

PRĀTASMARANA STOTRAM

(1)

प्रातः स्मरामि हृदि संस्फुरदात्मतत्त्वं
सच्चित्सुखं परमहंसगतिं तुरीयम् ।
यत्स्वप्नजागरसुषुप्तमवैति नित्यं

तद्ब्रह्म निष्कलमहं न च भूतसङ्घः

At dawn I remember the Reality which is the Self, shining brilliantly in the heart, existence-consciousness-happiness, the goal of *Paramahansa-sannyāsins* (sages), the Fourth; That which knows always the states of dream, waking and deep-sleep, that *Brahman* which is partless I am, not the cluster of elements.

(2)

प्रातर्भजामि मनसां वचसामगम्यं

वाचो विभान्ति निखिला यदनुग्रहेण ।

यन्नेतिनेति वचनैर्निगमा अवोचं-

स्तं देवदेवमजमच्युतमाहुरग्र्यम्

At dawn I sing the praise of That which is unattainable by mind and speech, but by the grace of which all words shine. That which the scriptures declare through the words 'not this', 'not this' — That God of gods, they say, is unborn and un-changing.

(3)

प्रातर्नामामि तमसः परमर्कवर्णं

पूर्णं सनातनपदं पुरुषोत्तमाख्यम् ।

यस्मिन्निदं जगदशेषमशेषमूर्तौ

रज्ज्वां भुजङ्गम् इव प्रतिभासितं वै

At dawn I bow to that which is called the Highest Self which is beyond darkness, of the hue of the Sun the ancient goal which is the plenum — That, the residuless form (i.e. the whole) in which the entire universe is made manifest like a serpent in a rope.

(4)

श्लोकत्रयमिदं पुण्यं लोकत्रयविभूषणम् ।

प्रातः काले पठेद्यस्तु स गच्छेत्परमं पदम्

This meritorious triad of verses, the ornament of the three worlds - he who reads at the time of dawn goes to the supreme goal.

This is the *pāhala-śruti* (description of the fruit) of this Vedāntic prayer. It is an eulogy of the prayer whose purpose is to consecrate the thoughts, words, and deeds of the individual so that the final goal may eventually be gained.

