

परब्रह्म प्रातःस्मरणस्तोत्रम् सार्थ

{॥ परब्रह्म प्रातःस्मरणस्तोत्रम् सार्थ ॥}

प्रातः स्मरामि हृदि संस्फुरदात्मतत्त्वं

सच्चित् सुखं परमहंसगतिं तुरीयम् ।

यत् स्वप्नजारसुषुप्तिमवैति नित्यं

तत् ब्रह्म निष्कलमहं न च भूतसंधः ॥ १॥

I remember in the early morning, the self-effulgent

Atma-Tattwa in the heart, which is Existence-Knowledge-Bliss,

which is the goal of the Parmahansa, which is the fourth state.

I am that Brahman Who is eternal, attributeless,

Who transcends and is superior to the states of waking,

dreaming and sleeping, I am not the sum total of the

elements.

प्रातर्भजामि मनसा वचसामगम्यं

वाचो विभान्ति निखिला यदनुग्रहेण ।

यं नेति नेति वचनैर्निगमा अवोचं

स्तं देवदेवमजमच्युतमाहुरग्र्यम् ॥ २॥

I resort in the early morning to that God of gods,
Who is described as the Unborn, the Imperishable, and
the Foremost, Who is beyond the reach of mind and
speech, by Whose grace all speech is illuminated
and Whom the Vedas describe with statements of
"not this, not this".

प्रातर्नमामि तमसः परमर्कवर्णं
पूर्णं सनातनपदं पुरुषोत्तमाख्यम् ।
यस्मिन्निदं जगदशेषमशेषमूर्तौ
रज्ज्वां भुजंगम इव प्रतिमासितं वै ॥ ३ ॥

I bow in the early morning to the eternal state
called Purshottama, who is full, beyond darkness,
brilliant like the sun, in whose secondless Being
this entire universe is apparent like the snake in the rope.

श्लोकत्रयमिदं पुण्यं लोकत्रयविभूषणम् ।
प्रातः काले पठेद्यस्तु स गच्छेत्परमं पदम् ॥ ४ ॥

One who recites these three sacred verses, which are
the ornaments of the three worlds, in the early
morning shall reach the Supreme State.

Dhrup Chand (dchand@concentric.net)

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