

Early Morning Prayers (Pratah Smaran) and Mantras



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krag:òr:s:t:òl :xm:iH krm:Dy:òs:rsv:t:i .

krm:Ú:òt:òg::òv:ndH)B:at:òkrdS:üö. .

s:m:òòs:n:òdò: p:v:t:st:n:m:NRI :ò.

ev:\N:òetn: n:m:st:òy:òp:adsp:S:òx:m:sv: m:ò. .



*karaagre vasate lakshmiH karamadhye sarasvatii .
karamuule tu govindaH prabhaate karadarshanaM ..*

*samudravasane devi parvatastanamaNDale .
vishhNupatni namastubhyaM paadasparshaM kshamasva me ..*

The front part of the hands (the finger tips) are ascribed to Goddess Lakshmi, the Goddess of wealth, the middle part (the palm proper) to Goddess Saraswati - the Goddess of learning and the root (the part of of hand near the wrist) to Govinda (God). Therefore, every morning, one should have a respectful look at one's hand which symbolizes honest labor.

O! Mother Earth, who has the ocean as clothes and mountains and forests on her body, who is the wife of Lord Vishnu, I bow to you. Please forgive me for touching you with my feet.

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