



Shlokas for **Dinacharya**



Wake up prayers

Shloka 1

कराग्रे वसते लक्ष्मीः करमध्ये सरस्वती ।
करमूले स्थिता गौरी प्रभाते करदर्शनम् ॥

karāgrē vasatē lakṣmīḥ
karamadhyē sarasvatī |
karamūlē sthitā gaurī
prabhātē karadarśanam ||

Shloka 2

समुद्रवसने देवि पर्वतस्तनमण्डले ।
विष्णुपत्नि नमस्तुभ्यं पादस्पर्श क्षमस्व मे ॥

samudravasanē dēvi
parvatastanamaṇḍalē |
viṣṇupatni namastubhyaṃ
pādasparśaṃ kṣamasva mē ||

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Prayer before bath

गङ्गे च यमुने चैव गोदावरि सरस्वति ।
नर्मदे सिन्धु कावेरि जलेऽस्मिन् सन्निधिं कुरु ॥

gaṅgē ca yamunē caiva
godāvāri sarasvati ।
narmadē sindhu kāvēri
jalē'smin sannidhiṁ kuru ॥

Prayer for lighting the deepam

शुभं कुरु त्वं कल्याणम् आरोग्यं धनसम्पदम् ।
शत्रुबुद्धिविनाशाय दीपज्योतिर्नमोऽस्तु ते ॥

śubhaṁ kuru tvam kalyāṇam
ārogyaṁ dhanasampadam ।
śatrubuddhivināśāya
dīpajyotirnamostu tē ॥

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15 min anushtanam

Bhagavan Ganesha

वक्रतुण्ड महाकाय सूर्यकोटिसमप्रभ ।
निर्विघ्नं कुरु मे देव सर्वकार्येषु सर्वदा ॥

vakratuṇḍa mahākāya
sūryakoṭīsamaprabha ।
nirvighnaṁ kuru mē dēva
sarvakāryēṣu sarvadā ॥

Mā Saraswati

नमस्ते शारदादेवि काश्मीरपुरवासिनि ।
त्वामहं प्रार्थये नित्यं विद्यां बुद्धिं च देहि मे ॥

namastē śāradādēvi
kāśmīrapuravāsini ।
tvāmahaṁ prārthayē nityaṁ
vidyāṁ buddhiṁ ca dēhi mē ॥

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Guru namaskara

गुरुर्ब्रह्मा गुरुर्विष्णुः गुरुर्देवो महेश्वरः ।
गुरुस्साक्षात् परब्रह्म तस्मै श्रीगुरवे नमः ॥

gururbrahmā gururviṣṇuḥ
gururdēvo mahēśvaraḥ |
gurussākṣāt parabrahma
tasmai śrīguravē namaḥ ||

Mā Lakshmi

नमस्तेऽस्तु महामाये श्रीपीठे सुरपूजिते ।
शङ्ख-चक्र-गदाहस्ते महालक्ष्मी नमोऽस्तु ते ॥

namastē'stu mahāmāyē
śrīpīṭhē surapūjitē |
śaṅkha-cakra-gadāhastē
mahālakṣmī namo'stu tē ||

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Navagraha Shloka

नमः सूर्याय सोमाय मङ्गलाय बुधाय च ।
गुरु-शुक्र-शनिभ्यश्च राहवे केतवे नमः ॥

namaḥ sūryāya somāya
maṅgalāya budhāya ca ।
guru-śukra-śanibhyaśca
rāhavē kētavē namaḥ ॥

Ganapati-beeja-mantra

॥ ॐ गं गणपतये नमः ॥
॥ om̐ gaṁ gaṇapatayē namaḥ ॥

Smarta-gayatri mantra

यो देवः सविताऽस्माकं धियो धर्मादिगोचरः ।
प्रेरयेत् तस्य यद्भर्गः तद्वरेण्यमुपास्महे ॥

yo dēvaḥ savitā'smākaṁ
dhiyo dharmādigocaraḥ
prērayēt tasya yadbhargāḥ
tadvarēṅyamupāsmahē

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Pradakshina Shloka

यानि कानि च पापानि जन्मान्तर-कृतानि च ।
तानि तानि विनश्यन्ति प्रदक्षिण-पदे पदे ॥

yāni kāni ca pāpāni
janmāntara-kṛtāni ca ।
tāni tāni vinaśyanti
pradakṣiṇa-padē padē ॥

Sharanagati Shloka - for Vishnu

कायेन वाचा मनसेन्द्रियैर्वा
बुद्ध्यात्मना वा प्रकृतेः स्वभावात् ।
करोमि यद्यत् सकलं परस्मै
नारायणायेति समर्पयामि ॥

kāyēna vācā manasēndriyairvā
buddhyātmanā vā prakṛtēḥ svabhāvāt ।
karomi yadyat sakalam̐ parasmai
nārāyaṇāyēti samarpayāmi ॥

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Sharanagati Shloka - for Shiva

अन्यथा शरणं नास्ति त्वमेव शरणं मम ।
तस्मात् कारुण्यभावेन रक्ष मां परमेश्वर ॥

anyathā śaraṇam nāsti
tvamēva śaraṇam mama ।
tasmāt kāruṇyabhāvēna
rakṣa mām paramēśvara ॥

Sharanagati Shloka - for Devi

अन्यथा शरणं नास्ति त्वमेव शरणं मम ।
तस्मात् कारुण्यभावेन रक्ष मां जगदीश्वरि ॥

anyathā śaraṇam nāsti
tvamēva śaraṇam mama ।
tasmāt kāruṇyabhāvēna
rakṣa mām jagadīśvari ॥

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Lokaprarthana

सर्वे भवन्तु सुखिनः
सर्वे सन्तु निरामयाः ।
सर्वे भद्राणि पश्यन्तु
मा कश्चिद्दुःखभाग् भवेत् ॥

॥ ॐ शान्तिः शान्तिः शान्तिः ॥

sarvē bhavantu sukhinaḥ
sarvē santu nirāmayāḥ ।
sarvē bhadraṇi paśyantu
mā kaścidduḥkhabhāg bhavēt ॥

॥ om śāntiḥ śāntiḥ śāntiḥ ॥

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Prayer before food

अन्नपूर्णे सदापूर्णे शङ्कर-प्राण-वल्लभे ।
ज्ञान-वैराग्य-सिद्ध्यर्थं भिक्षां देहि च पार्वति ॥

॥ अन्नदातो सुखी भव ।

annapūrṇē sadāpūrṇē
śaṅkara-prāṇa-vallabhē ।
jñāna-vairāgya-siddhyartham
bhikṣām dēhi ca pārvati ॥

॥ annadāto sukhī bhava ॥

Prayer before bed time

रामं स्कन्दं हनूमन्तं वैनतेयं ब्रकोदरम् ।
शयने यः स्मरेन्नित्यं दुःस्वप्नस्तस्य नश्यति ॥

rāmaṁ skandaṁ hanūmantaṁ
vainatēyaṁ vrakodaram ।
śayanē yaḥ smarēnnityaṁ
duḥsvapnastasya naśyati ॥

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Shloka for specific concerns

Karyasiddhi Hanuman Mantra

त्वमस्मिन् कार्यनिर्योगे प्रमाणं हरिसत्तम ।
हनूमन् यत्नमास्थाय दुःखक्षयकरो भव ॥

tvamasmin kāryaniryogē
pramāṇam harisattama ।
hanūman yatnamāsthāya
duḥkhakṣayakaro bhava ॥

Shloka for finding lost things

कार्तवीर्यार्जुनो नाम राजा बाहुसहस्रवान् ।
तस्य स्मरणमात्रेण गतं/हृतं नष्टं च लभ्यते ॥

kārtavīryārjuno nāma
rājā bāhusahasravān ।
tasya smaraṇamātrēṇa
gataṁ/hṛtaṁ naṣṭaṁ ca labhyatē ॥

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Shloka/stotra for during pregnancy

कृष्णाय वासुदेवाय हरये परमात्मने ।
प्रणतक्लेशनाशाय गोविन्दाय नमो नमः ॥

kṛṣṇāya vāsudēvāya
harayē paramātmanē ।
praṇataklēśanāśāya
govindāya namo namaḥ ॥

Shloka for difficulty in studies

ज्ञानानन्दमयं देवं निर्मलस्फटिकाकृतिम् ।
आधारं सर्वविद्यानां हयग्रीवमुपास्महे ॥

jñānānandamayam dēvam
nirmalaspṭatikākṛtim ।
ādhāram sarvavidyānām
hayagrīvamupāsmahē ॥

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Shloka for health

general healing, medicine support

नमामि धन्वन्तरिमादिदेवं
सुरासुरैर्वन्दितपादपद्मम् ।
लोके जरारुग्भयमृत्युनाशं
दातारमीशं विविधौषधीनाम् ॥

namāmi dhanvantarimādidēvaṃ
surāsurairvanditapādapadmam ।
lokē jarārugbhayamṛtyunāśaṃ
dātāramīśaṃ vividhausadhīnām ॥

Shloka for wealth

नमस्तेऽस्तु महामाये श्रीपीठे सुरपूजिते ।
शङ्ख-चक्र-गदाहस्ते महालक्ष्मी नमोऽस्तु ते ॥

namastē'stu mahāmāyē
śrīpīṭhē surapūjitē ।
śaṅkha-cakra-gadāhastē
mahālakṣmī namo'stu tē ॥

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