

# त्रिकाल संध्या Trikal Sandhya

## प्रातः समय

कराग्रे वसते लक्ष्मीः करमूले सरस्वती ।  
करमध्ये तु गोविंदः प्रभाते करदर्शनम् ॥  
समुद्रवसने देवी ! पर्वतस्तनमण्डले ।  
विष्णुपत्नि ! नमस्तुभ्यं पादस्पर्श क्षमस्व मे ॥  
वसुदेवसुतं देवं कंसचाणूरमर्दनम् ।  
देवकीपरमानन्दं कृष्णं वन्दे जगद्गुरुम् ॥

## MORNING PRAYER

Karagre vasate Laxmihi  
karamoole Saraswati I  
kara-madhya tu Govindaha  
prabhate kara-darshanam II

The Goddess of wealth, Laxmi resides at the fingertips, the Goddess of knowledge, Saraswati resides at the base of the palm and Lord Krishna (Govind) resides in the middle of the palm and therefore we must look at our palm every morning.

Before stepping on the ground, we pray to Mother Earth

Samudra-vasane Devi!  
Parvata-stana-mandale I  
Vishnupatni namas-tubhyam  
pada-sparsham kshamasva me II

Oh! Mother Earth, oceans are your clothes, mountains are your breasts, wife of Lord Vishnu, I bow thee. Please forgive me for the touch of my feet

Then pray to Lord Shri Krishna:

Vasudeva-sutan Devam  
Kansa-Chanura-mardanam I  
Devaki-parama-nandam  
Krushnam vande jagad-gurum II

Son of Vasudev, the destroyer (demons) Kansa and Chanura, supreme bliss of Devaki (mother), the teacher of the world, Lord Krishna, I Salute thee.

## भोजनके समय

यज्ञशिष्टाशिनः सन्तो मुच्यन्ते सर्वकिल्बिषैः ।  
भुञ्जते ते त्वं पापा ये पचन्त्यात्मकारणात् ॥  
यत्करोषि यदज्ञासि यज्जुहोषि ददासि यत् ।  
यत्तपस्यसि कौन्तेय तत्कुरुष्व मदर्पणम् ॥  
अहं वैश्वानरो भूत्वा प्राणिनां देहमाश्रितः ।  
प्राणापानसमायुक्तः पचाम्यन्नं चतुर्विधम् ॥  
ॐ सह नाववतु सह नौ भुनक्तु सह वीर्यं करवावहै ।  
तेजस्विनावधीतमस्तु मा विद्विषावहै ॥  
ॐ शान्तिः शान्तिः शान्तिः ॥

## PRAYER BEFORE EATING

Yagna-shishta-shinah santo  
muchyante sarva-kilbishai I  
Bhunjate te tvagham papa  
ye pachantyatma-karanat II

The devotees of God are freed from all sins because they eat food which is offered (to God) first for (Yagna) sacrifice. Others who cook food only for themselves truly "eat sin"

Yat-karoshi yadashnasi  
yaj-juhoshi dadasi yat I  
Yat-tapasyasi Kaunteya  
tat-kurushva madarpanam II

O! Kaunteya (Arjun), son of Kunti, all that you do, all that you eat, offer it as a sacrifice. Whatever austerity you perform, do it as an offering to me.

Aham vaishvanaro bhutva  
praninan deha-mashritah I  
Prana-pana samayuktah  
pachamyannam chaturvidham II

Lord Krishna says, "I am the fire which digests four kinds of foods and I control the breathing and other functions of the body".

Om saha na-vavatu  
saha nau bhunaktu  
saha viryan karava-vahai  
tejasvi na-vadhi-tamastu  
ma vidvisha-vahai  
Om shantih shantih shantih II

Oh! Lord, protect and defend us both. Let us do Divine work together. Let our knowledge be radiant. Let us not envy each other, and let us always live in peace and harmony.

## सोते समय

कृष्णाय वासुदेवाय हरये परमात्मने ।  
प्रणतक्लेशनाशाय गोविदाय नमो नमः ॥

करचरणकृतं वाक्कायजं कर्मजं वा ।  
श्रवणनयनजं वा मानसं वाऽपराधम् ॥  
विहितमविहितं वा सर्वमेतत् क्षमस्व ।  
जय जय कुरुणाब्धे श्रीमहादेव शभो ॥

त्वमेव माता च पिता त्वमेव ।  
त्वमेव बन्धुश्च सखा त्वमेव ।  
त्वमेव विद्या द्रविणं त्वमेव ।  
त्वमेव सर्वं मम देव देव ॥

## BED TIME PRAYER

Krushnaya Vasudevaya  
Haraye Paramatmane  
pranata-klesha-nashaya  
Govindaya namo namah

I bow and pray to Lord Krishna, son of Vasudev, he who takes away sorrow, suffering, pains and troubles of those who ask for his protection.

Kara-charan-krutam vak-kaya-jam  
karmajam va  
Shravana-nayanajam va manasam  
va-aparadhham

Vihitam-avहितam va sarva-me-tat kshamasva  
Jaya jaya karunabdhe  
shree Mahadeva Shambho

Oh! Mahadev, the Ocean of Compassion, please forgive me if I have done anything wrong, knowingly or unknowingly by my hands, feet, by my speech, body, by my actions, by my ears, eyes, or by my mind. Let victory be yours.

Tvameva mata cha pita tvameva  
Tvameva bandhush-cha sakha tvameva I  
Tvameva vidya dravinan tvameva  
Tvameva sarvam mama deva-deva II

Oh! God! (Oh supreme being) You are my mother, you are my father, you are my brother, you are my friend, you are the knowledge, you are the wealth, you are everything to me.