

Morning Prayer (Atmabodha Invocation and Verses 1-2)

प्रातः स्मरामि हृदि संस्फुरदात्मतत्त्वं सच्चित्सुखं परमहंसगतिं तुरीयम् ।
यत्स्वप्नजागरसुषुप्तिमवैति नित्यं तद्ब्रह्म निष्कलमहं न च भूतसङ्घः ॥१॥

Prātaḥ Smarāmi ḥṛdi saṁsphuradātmataṭṭvaṁ saccitsukhaṁ paramahaṁsagatiṁ turīyaṁ |
yat svapnajāgarasuṣuptimaveti nityaṁ tadbrahma niṣkalamahaṁ na ca bhūtaśaṅghaḥ

In the early morning, I contemplate upon *Ātman*, the essential Self shining in the heart which is existence-knowledge-bliss, the supreme goal, the fourth, which constantly cognizes the waking, dream, and deep-sleep states. I am that indivisible *Brahman* Reality and not the assemblage of elements.

तपोभिः क्षीणपापानां शान्तानां वीतरागिणाम्।
मुमुक्षूणामपेक्ष्योऽयम् आत्मबोधो विधीयते॥१॥

Tapobhiḥ kṣīṇapāpānāṁ śāntānāṁ vītrāgiṇām
mumukṣūṇāmapekṣyo'yaṁātmabodho vidhīyate

This Ātmabodha is composed to serve the needs of those whose sins are removed by austerities, who are calm, free from desires and yearning for liberation.

बोधोऽन्य साधनेभ्यो हि साक्षान्मोक्षैक साधनम् ।
पाकस्य वन्हिवत् ज्ञानं विना मोक्षो न सिध्यति ॥

Bodho'nyasādhanebhyo hi sāksānmokṣaikasāadhanam
pākasya vahnivajjñānaṁ vinā mokṣo na sidhyati

Of all spiritual disciplines, knowledge of Self is verily the direct means for liberation just as fire is for cooking. Liberation cannot be attained without knowledge of the Self.

Invocation to the Sun - Gayatri Mantra

Chanted after yoga in the morning and before evening class

ॐ भूर्भुवः स्वः तत्सवितुर्वरेण्यम् भर्गो देवस्य धीमहि।
धियो यो नः प्रचोदयात्॥
ॐ शान्तिः शान्तिः शान्तिः ॥

Om Bhūr Bhuvaḥ Svaḥ Tat Savitur Vareṇyam Bhargo Devasya Dhīmahi
Dhiyo yo naḥ pracodayāt
Om śāntiḥ śāntiḥ śāntiḥ

We meditate upon the adorable effulgence of the divine Sun. May that unfold our intellects. Om Peace Peace Peace.

Invocation before Class

ॐ सह नाववतु । सह नौ भुनक्तु ।
सह वीर्यं करवावहै ।
तेजस्वि नावधीतमस्तु मा विद्विषावहै ।
ॐ शान्तिः शान्तिः शान्तिः ॥

Om sahanāvavatu. Sahanau bhunaktu.
Saha vīryaṃ karavāvahai. Tejasvi nāvadhītamastu mā vidviṣāvahai
Om śāntiḥ śāntiḥ śāntiḥ

Om. May (He) protect us both. May (He) cause us to enjoy. May we strive together. May our study become brilliant. May we not become disputatious. Om Peace Peace Peace.

Mealtime Prayer

Chanted before every meal in the dining hall

ब्रह्मार्पणं ब्रह्म हविः ब्रह्माग्नौ ब्रह्मणा हुतम् ।
ब्रह्मैव तेन गन्तव्यं ब्रह्मकर्मसमाधिना ॥

Om Brahmārpaṇaṃ brahma haviḥ brahmāgnau brahmaṇā hutam
brahmaiva tena gantavyaṃ brahma karma samādhinā

The act of offering is *Brahman*, the oblation is *Brahman*, offered by *Brahman* in the fire of *Brahman*, by seeing *Brahman* in action, *Brahman* verily shall be reached by him. (Bhagavad Gita, Chapter 4, v 24)

अहं वैश्वानरो भूत्वा प्राणिनां देहमाश्रितः ।
प्राणापानसमायुक्तः पचाम्यन्नं चतुर्विधम् ॥

Ahaṃ Vaiśvānaro bhūtvā prāṇināṃ dehamāśritaḥ
prāṇāpānasamāyuktaḥ pacāmyannaṃ caturvidham

Having become *Vaiśvānara* fire, abiding in the body of living beings, united with *prāṇā* inhalation and *apāna* exhalation I digest the fourfold food. (Bhagavad Gita Chapter 15, v 14)