UNIT 1: PRAYER

UNIT STRUCTURE

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1.1 LEARNING OBJECTIVES

After going through this unit, you will able to know

- about the meaning of Pratah-SmaranStotra
- about the meaning of shantipath
- about the goal and purpose of Pratah-SmaranStotra
- about the goal and purpose of shantipath
- about techniques or methods of Pratah-SmaranStotra
- about techniques or methods of shantipath

1.2 INTRODUCTION

The Pratah Smarana Stotram, a morning prayer composed by Adi Shankaracharya, consists of three stanzas dedicated to the supreme spirit, focusing on dedicating one's mind, speech, and body to the divine at the dawn, which symbolizes inner awakening. The Pratah Smarana Stotram, meaning "Morning Remembrance Stotra," is a prayer composed by the renowned philosopher and spiritual leader, Adi Shankaracharya.The stotra is traditionally recited in the early morning, as dawn is seen as a symbol of inner awakening.The stotra consists of three stanzas (verses) dedicated to the

supreme spirit, seeking to dedicate the individual's mind (manas), speech (vak), and body (kaya) to the divine.The stanzas also summarize the essence of Advaita Vedanta, emphasizing the ultimate reality as Saccidānanda (existence-consciousness-bliss) and beyond the three states of experience.Saccidānanda: The ultimate reality is described as Saccidānanda, encompassing existence, consciousness, and bliss.Turèya: The reality is beyond the three states of experience (waking, dreaming, and deep sleep).Brahman: The ultimate reality (Brahman) is beyond categorization and description, indicated by the negative way ("not this, not this").Non-Duality: The individual soul is non-different from Brahman, and should not be confused with the body-mind complex.

Shantipath of Kathopanishad, "Shanti Path" (meaning "path to peace" or "peaceful path") is a Sanskrit mantra, or prayer, for peace and harmony, often chanted in Hindu and other traditions, to invoke tranquility and calm."Om SahaNavavatu" is a Sanskrit mantra, meaning "May we all be protected, may we all be nourished, may we work together with great energy, may our studies be enlightening, and may there be no animosity among us". It's often recited as a prayer, particularly before the start of classes or studies, and is a Shanti Mantra (peace mantra). “Om": This is a sacred syllable representing the universe and the divine. "SahaNavavatu": "May the Lord protect us both (teacher and student)". "Saha Nau Bhunaktu": "May the Lord nourish us both". "SahaViryamKaravavahai": "May we work together with great energy". "TejasviNavadhitamastu": "May our studies be enlightening". "Ma Vidishavahai": "May there is no animosity among us". "Om Shanti ShantiShantihi": "May there is Peace, Peace, Peace".

1.3 PRAYER

1.3.1 PRATAH-SMARAN

Pratahsmaramihrdisamsphuradatmatattvam
saccitsukhamparamahamsagatimtureyam
yatsvapnajagara-sussuptamavaitinityam
tadbrahmaniskalamahamna cha bhutasangha.(1)
Pratarbhajamimanasávacasamagamyam

vachovibhantinikhilayadanugrahena
yannetinetivacanairnigama avouch
tam devadevamajamachyutamahuragryam.(2)
Pratarnamamitamasahparamarkavarnam
purnamsanatanapadampurushottamaakhyam
yasminnidamjagadaseshamaseshamurtau
rajjvaambhujamgamaivapratibhasitamvai.(3)
Om Shantih Shantih Shantih

Meaning: At dawn I remember the Reality which is the Self, shining brilliantly in the heart, existence-consciousness-happiness, the goal of Paramahamsasannyasins (sages), the Fourth; that which knows always the states of dream, waking and deep-sleep, that Brahman which is part less I am, not the cluster of elements.At dawn I sing the praise of that which is unattainable by mind and speech, but by the grace of which all words shine. That which the scriptures declares through the words `not this', `not this'- That God of gods, they say, is unborn and un-changing.At dawn I bow to that which is called the Highest Self which is beyond darkness, of the hue of the Sun the ancient goal which is the plenum - That, the residuals form (i.e. the whole) in which the entire universe is made manifest like a serpent in a rope.This meritorious triad of verses, the ornament of the three words - he who reads at the time of dawn goes to the supreme goals.

1.3.2 SHANTI PATH “KATHA UPANISHAD”

Om SahaNavavatu |
Saha Nau Bhunaktu |
Saha Viiryam Karavaavahai |
Tejasvi Navadhitamastu Maa Vidvissaavahai |
Om Shantih Shantih Shantih ||

Meaning:Om, Together may we two Move (in our Studies, the Teacher and the Student),
Together may we two Relish (our Studies, the Teacher and the Student),
Together may we perform (our Studies) with Vigor (with deep Concentration),

May what has been Studied by us be filled with the Brilliance (of Understanding, leading to Knowledge); May it Not give rise to Hostility (due to lack of Understanding),
Om Peace, Peace, Peace.

LET US KNOW

The PratahSmaranaStotram, meaning "Morning Remembrance Stotra," is a prayer composed by the renowned philosopher and spiritual leader, Adi Shankaracharya.The stotra is traditionally recited in the early morning, as dawn is seen as a symbol of inner awakening.The stotra consists of three stanzas (verses) dedicated to the supreme spirit, seeking to dedicate the individual's mind (manas), speech (vak), and body (kaya) to the divine.

"Om SahaNavavatu" is a Sanskrit mantra, meaning "May we all be protected, may we all be nourished, may we work together with great energy, may our studies be enlightening, and may there be no animosity among us". It's often recited as a prayer, particularly before the start of classes or studies, and is a Shanti Mantra (peace mantra).

CHECK YOUR PROGRESS

Q. 1. Who wrote Pratahsmaranstrota prayer?

Q.2. From which Upanishad shanti path has taken?

Q.3. In time Pratahsmaran prayer should chant?

Q.4. What is the meaning of Shanti?

Q.5. What do mean by Saha?

1.4 LET US SUM UP

The PratahSmaranaStotram, a morning prayer composed by Adi Shankaracharya, consists of three stanzas dedicated to the supreme spirit, focusing on dedicating one's mind, speech, and body to the divine at the dawn, which symbolizes inner awakening. The PratahSmaranaStotram, meaning "Morning Remembrance Stotra," is a prayer composed by the

renowned philosopher and spiritual leader, Adi Shankaracharya.The stotra consists of three stanzas (verses) dedicated to the supreme spirit, seeking to dedicate the individual's mind (manas), speech (vak), and body (kaya) to the divine.Shantipath of Kathopanishad, "Shanti Path" (meaning "path to peace" or "peaceful path") is a Sanskrit mantra, or prayer, for peace and harmony, often chanted in Hindu and other traditions, to invoke tranquility and calm. "Om SahaNavavatu" is a Sanskrit mantra, meaning "May we all be protected, may we all be nourished, may we work together with great energy, may our studies be enlightening, and may there be no animosity among us". It's often recited as a prayer, particularly before the start of classes or studies, and is a Shanti Mantra (peace mantra).

1.5 FURTHER READING

1. Vyasa Puspanjali (2008), Swami Vivekananda Yoga Prakashana, Gavipuram Circle, Banglore.

1.6 ANSWERS TO CHECK YOUR PROGRESS

Answer to Q1. Adi Sankaracharya.

Answer to Q2. From Kathopanishad Upanishad Shanti path has taken.

Answer to Q3. In the early morningPratahsmaran prayer should chant.

Answer to Q4. The meaning of Shanti is peace.

Answer to Q5. The meaning of Saha is all.

1.7 MODEL QUESTIONS

Q1. Who wrote pratahsmaranstrota?

Q2. What are the supreme spirits?

Q3. What do mean by vak?

Q4. What do mean by Bhunaktu?

Q5. What do mean by Saha?

Q6. What are the two objects in Shanti path?

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