

SHEALING'S NEST (A place to learn, explore & grow)

PRAYERS AT ROUSER

कराग्रे वसते लक्ष्मीः करमध्ये सरस्वती ।
कर मूले तु गोविन्दः प्रभाते करदर्शनम् ॥

हे सागर रूपी वस्त्र पहनी हुई देवी, पर्वत जिसके स्तनमण्डल हैं, ऐसी विष्णु की पत्नि (पृथ्वी), मैं तुझे नमस्कार करता हूँ। पैर से छूने के दोष के लिये आप मुझे क्षमा करें ॥

karaagre vasate lakshmiH karamadhya sarasvatii.
karamuule tu govindaH prabhaate karadarshanaM ..

The Meaning

“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 hand near the wrist) to Govinda (God). Therefore, every morning, one should have a respectful look at one's hand which symbolizes honest labor.”

समुद्रवसने देवि ! पर्वतस्तनमण्डले ।
विष्णुपत्नि । नमस्तुभ्यं पादस्पर्शं क्षमस्व मे ॥

हाथ के अग्र भाग में लक्ष्मी, मध्य में सरस्वती तथा मूल में गोविन्द (परमात्मा) का वास होता है। प्रातःकाल में (पुरुषार्थ के प्रतीक) हाथों का दर्शन करें ॥

Samudravasane devi parvatastanamaNDale .
VishhNupatni namastubhyaM paadasparshaM kshamasva me ..

The Meaning

“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.”