

NITHYA PARAYANA SLOKAMS FOR KIDS

Karadarshana:

Chant this when you wake up in the morning

**Karagre vasate lakshmi kara madhye saraswati
kara mule tu govindah prabhaate kara darshanam**

Sanskrit to English Word Meaning:

Karagre-on the tip of your fingers; vasate- dwells; Lakshmi- the Goddess of Prosperity; karamadhye- palm; Saraswati- the Goddess of Knowledge Saraswati; karamule- in the wrist; tu-whereas; Govindah- the Lord Govindah; prabhate-in the morning; karadarshanam-look at your palm.

Brief Explanation:

This is a morning prayer called “karadarshana”. One begins the day with this prayer. “Kara” means the palm of the hand and it stands for the five karmendriyas, or the organs of action. While looking at the palm, one invokes the Lord in the form of various deities, thus sanctifying all the actions that will be done during the day. By acknowledging the Lord as the giver of the capacity to perform actions and as the giver of the fruits of those actions, one sanctifies the actions. Thus, one prays in the morning to reinforce the attitude that all actions are performed as a service to the Lord.

BHOOMA DEVI SLOKAM:

Chant this when you first step out of bed in the morning

**Samudravasane devi parvata sthanmandale
Vishnupatni namastubhyam padsparsham kshamaswa me**

Sanskrit to English Word Meaning:

Samudra-vasane devi! - O ocean-robed goddess!; Parvatha-sthana-mandale! - The mountain ranges are your bosoms (adorned prettily by the mountains). Vishnu-patni namastubhyam - Salutations, O wife of Vishnu, Paadasparsham Kshamasva me- Forgive my treading (upon) you

Brief Explanation:

(Mother Earth) The Devi Who is having Ocean as Her Garments and Mountains as Her Bosom, Who is the wife of Sri Vishnu, I Bow to You; Please Forgive Us for Touching You with Our Feet.

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Sun God Slokam:

Chant this when you see sun in the morning

**Bhano bhaskara Marthanda
Chanda rasmai divakara
Ayur arogyam aishwaryam
Vidhyamscha dehi mae sada.**

Sanskrit to English Word Meaning:

Bhano bhaskara- morning-;Marthanda-light to world; Chanda rasmai divakara-scorching rays;
Ayur-long life; arogyam-health; aishwaryam-wealth; Vidhyamscha-knowledge; dehi mae sada-please
bless me.

Brief Explaniton:

He who gives me morning, He who brings light to the world, He who brings heat to the world,
He who has scorching rays, And he who is the maker of the day, Give me long life, health, intelligence
and wealth.

Snanam(bath) slokam:

Chant this when you take a bath

**Gange cha yamune chaiva godavari saraswathi narmade
sindhu kaveri jalesmin sannidhim kuru**

Sanskrit to English Word Meaning:

Ganga, Yamuna, Godavari, Saraswathi, Narmada, Sindhu, Kaveri-names of holy Indian rivers;
Jalesmin- In this water; Sannidhim- presence; Kuru- Invoke

Brief Explanation:

An important part of ritual purification in Hinduism is the bathing of the entire body. One not only purifies one's body but also the mind during taking a bath. Such a purificatory bath is ultimate if it is done in the sacred waters of some great rivers of India like the river Ganga. Hence one chants this shloka invoking the presence of holy waters while taking a bath.

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Hayagreevar Slokam:

Chant this after you take bath

**Gyaananandamayam devam
Nirmala spadikakruthim
Aadaram sarva vidyanaam
Hyagreevam upasmahe**

Sanskrit to English Word Meaning:

Gnanam-Knowledge; Ananda-Extreme happiness; Mayam- Embodiement; Devam-That God; Nirmalam-Serene, Extremely pure; spatikam- glass etckritim- In the form of; Aadharam- Basis of; SaravaVidyam- The embodiement/totality of all types of Knowledge; HayaGreeva-Lord HayaGreeva; Upasmahe- I worship

Brief Explanation:

Gnanananda mayam devam sloka is for Lord Hayagreeva. One who chants this sloka will attain true knowledge of Education, will attain good concentration in Studies, fluency in speech, master in debates, vocabulary and will have very good memory power. Hayagreeva (Hayavadhana or Hayagriva), the lesser known Vishnu Avatar, The Horse Faced God. He is the ocean of knowledge, Wisdom, where Brahma & Goddess Saraswathi resides. He is the Four form of Veda, viz. Rig, Yajur, Sama and Atharva Vedas. He is worshipped as the God of knowledge and wisdom.

Annapurne Slokam:

Chant this before you eat food.

**Annapoorne Sada poorne,
Shankara Pranavallabhe
Gyana Vairagya Sidyartham,
Bhikshaam Dehi cha Parvati**

Sanskrit to English Word Meaning:

Annapoorne – Annam means food; poorne- She who is full of food; Sadapoorne – who is always full of resources; Sankara – of Lord Sankara(Shiva); Prana – the life-force; energy; Vallabhe – the beloved; Jnana – knowledge; Vairagya – attitude of renunciation; Siddhyartham – to fulfill the purpose of; Bhiksham – alms, food; Dehi – giveus; Namostute – we bow down to You

Brief Explanation:

Goddess Annapoorna Mata is the Hindu goddess of food and cooking. Annapoorna is empowered with ability to supply food to an unlimited amount of people. It also signifies nourishing with food to the fullest. Food is one of basic necessities of life and it is no wonder we say food is GOD.

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Deepam Slokam:

Chant this when lighting the lamp to the deity of your choice

**Shubham karoti kalyaanam aarogyam dhana sampadaa
shatru buddhir vinaashaaya dipa jyotir namostute**

Sanskrit to English Word Meaning:

Subham- auspiciousness; karoti – which brings; kalyaanam- prosperity; arogyam-good health; dhanasampadah- abundance of wealth; shatrubuddhih- of the intellect’s enemy (ignorance); vinashaaya- for the destruction; dipajyotir- that lamplight; namosthute- I salute thee.

Explantionm:

I salute the One who is the lamplight that brings auspiciousness, prosperity, good health, abundance of wealth, and the destruction of the intellect’s enemy (ignorance).

Night Slokam:

Chant this before going to sleep

**Raamaskandham hanumantam vainateyam vrkodaram
shayane yah smarennityam duh swapnam tasya nashyati**

Sanskrit to English Word Meaning:

raamaskandham- Rama’s loyal follower; hanumantam- Hanuman; vainateyaGaruda; vrkodaram- Bhima; shayana- sleep time; yah- this; smaren- chant; nityamalways; duh- bad; swapnam- dream; tasya- then; nashyati- destroyed

Explanation:

It is always good to have positive thoughts in one’s head before going to sleep. Lord Hanuman, Garuda and Bhima are symbolic of great courage, valor and strength; hence it is advised to visualize and meditate upon them so that this drives away bad dreams.