

# ĀRATI

**Brahmā nandam parama sukhadam  
Kevalam gyāna murtim  
Dvandā titam gagana sadrisham  
Tattva masyādi laksham  
Ekam nityam vimalam achlam  
Sarva dhi sākshi bhūtam  
Bhāvā tītam triguna rahitam  
Sadgurum tvam namāmi**

**Om hara hara mahadev namah  
Parvati patae hara hara**

*I acknowledge the Guru who is the embodiment of eternal divine bliss and complete knowledge; who is the giver of all happiness; who is beyond the dualities of this material world; who is ever-expansive as the sky; who is the sole aspiration and goal of life; who is unique, eternal, pure, unwavering; who sees with the eyes of wisdom; who is beyond emotions and beyond the three gunas (binding aspects of our nature) - satwa (purity), rajas (passion) and tamas (darkness).*

## Guru Mantra

**Tvameva mātā cha pitā tvameva**  
*You are my mother and my father.*

**Tvameva bandhuscha sakhā tvameva**  
*You are my family and my friend.*

**Tvameva vidyā dravinam twameva**  
*You are my knowledge and my wealth.*

**Tvameva sarvam mum deva deva**  
*You are my All, God of Gods!*

## Ending prayers to Shiva and Shakti

**Karpūra gauram karunā vatāram**  
*Pure white like camphor, the incarnation of compassion*

**Sansāra sāram bhujagendra haram**  
*The essence of existence, whose necklace is the king of serpents*

**Sadā vasantam hridayāra vinde**  
*Always dwelling in the lotus of the heart*

**Bhavam bhavāni sahitam namāmi**  
*To Shiva and Shakti, I bow*

**Devi prapannār ti hare prasīda**  
*Oh Goddess, you who removes distress of all who take refuge in you, be pleased.*

**Prasīda mātār jagato akhilasya**  
*Be pleased, Oh Mother of the entire Perceivable World.*

**Prasīda vishveshvari pāhi vishvam**  
*Be pleased, Oh Supreme of the Universe; protect the universe.*

**Tvam īshvarī devi charā charasya**  
*Oh Goddess, you are Supreme over all that moves and does not move.*