

Universal Prayer

ॐ असतो मा सद्गमय ।
तमसो मा ज्योतिर्गमय ।
मृत्योर्मा अमृतं गमय ॥

Om as-to maa sad-gam-ay

Tam-so maa jyo-tir gam-ay

Mrit-yor maa am-ri-tam gam-ay

Translation

Lead us from falsehood to Truth; Lead us from darkness to Light; Lead us from death to Immortality!

Morning Prayer

कराग्रे वसते लक्ष्मीः करमूले सरस्वती ।
करमध्ये तु गोविन्दः प्रभाते करदर्शनं ॥

Karaa-gray vasatay Lak-shmee-h, kar-mool-ay Saras-va-tee;

Kara-madhye tu Govindah, pra-bhaa-tay kara-darsha-nam

Translation

The front of hands (i.e. finger tips) is ascribed to Laxmi (goddess of wealth), the root (i.e. part of the hand near the wrist) to Saraswati, the middle to Govinda (God). Therefore, every morning one should respectfully have a look at one's hands (which symbolizes honest labor).