

Chants (slokas) for Corporate Well-Being

1. Prabhat Shloka - Early morning chant: To remind ourselves of the balance of material and spiritual life, with mastery over our senses.

*Karagre Vasate Lakshmi
Kara Mule Saraswathi
Kara Madhye Tu Govindah
Prabate Kara Darshanam*

Meaning: On the tip of your fingers is Goddess Lakshmi (Goddess of Wealth); on the base of your fingers is Goddess Saraswati (Goddess of Learning); in the middle of your fingers is Lord Govinda (Master of the Senses). So early in the morning, look at your palms.

2. Earth forgiveness chant - To be recited when we wake up and get off the bed to step on the floor.

Vishnu-patni namastubhyam pada sparsham kshamasva me.

Meaning: Please, Divine Mother Earth, I bow to you, forgive me for placing my foot on you.

3. Toothbrush chant

*Ayur balam yaso varcaha prajam pasu vasuni cha
brahma prajnam ca medham ca
tvam no dhehi vanaspate*

Meaning: Oh Toothbrush (forest twig of yore vanaspate), give us long life, strength, fame, offspring, cattle, wealth. Also give us true wisdom with an intellect that is discerning, to rid our mind of negative thoughts.

4. Gayatri Mantra – the chant of wisdom looking at the sun rise

*Om Bhur bhuvah suvah
Thath sa vitur varenyam
Bhargo Devasya dheeh mahi
Dheeyo yonah pracho dayaat*

Meaning: May the Divine light of the sun illumine my mind, as it is the grace of this universal light which personifies the Lord and illumines everything.

5. Bathing chant

*Gangaicha Yamunaichaiva Godavari, Saraswati
Narmade Sindhu Kaveri, Teerthesmin Sanidhim kuru.*

Meaning: Oh holy rivers – Ganga, Yamuna, Godavari, Saraswati, Narmada, Sindhu and Kaveri – Please come into my bath water to purify my body and also my mind.

6. Prayer as we light the lamp

*Subham Karoti Kalyanam
Arogyam Dhana Sampadah
Shatru Buddhi Vinashaya
Dipa Jyotir Namostute*

Meaning: As all good luck and auspiciousness is welcomed by the light of this lamp, please shine forth good health and wealth on me, as you destroy all evil thought in my mind, I bow to you oh powerful lamp, guide me today.

7. Offering up the day's action selflessly

*Kayena vacha manas-endriyair vaa Budhi atmanava prakriteh svabhavaat Karomi yad yad ...
sakalam parasmai Narayana yeti samar peyaami*

Meaning: Whatever I do with my body, speech, mind and senses; by my intellect, self or my very nature, all these I offer unto the Supreme Lord.

8. Universal wellness chant

*Sarve Bhavantu Sukinaha
Sarve Santu Niramayaha
Sarve Bhadrani Pashyantu
Ma Kashchid Dukha Bag Baveth
Loka Samastha Sukhino Bhavanthu*

Meaning: May everyone in the world be happy, may everyone see goodness around and may there be no sorrow. May the whole universe be well.