

BEDTIME MANTRA (BEFORE GOING TO BED (NIGHT PRAYER FOR FORGIVENESS) MANTRA

"KARACHARANA KRNI TAM VAAKKAAYAJAM KARMAJAM VAA,
SHRAVANANAYANAJAM VAA MAANASAM VAAPARAADHAM,
VIHITAMAVIHITAM VAA SARVAMETATKSHAMASVA,
JAYA JAYA KARUNAABDHE SHRIIMAHADEVA SHAMBHO"

MEANING

THE LITERAL MEANING OF THE MANTRA IS: "O GOD, KINDLY PARDON MY INCORRECT ACTIONS DONE CONSCIOUSLY OR UNCONSCIOUSLY, EITHER THROUGH MY ORGANS OF ACTION (HAND, FEET, AND SPEECH) OR THROUGH MY ORGANS OF PERCEPTION (EYES, EARS) OR BY MY MIND. I ADORE THE GOD, WHO IS THE OCEAN OF KINDNESS".

BENEFITS

BY GOD'S GRACE, WE HAVE COMPLETED ONE MORE DAY OF OUR LIFE. SO, IN ORDER TO THANK GOD AND TO ASK FOR HIS MERCY, ONE CAN RECITE THIS SLOKA. THIS BEDTIME SLOKA IS A PRAYER TO GOD ASKING HIM TO EXCUSE OUR MISTAKES AND MAINTAIN HIS MERCY ON US.