

AYURYOGAHEAL

Sacred Sanskrit Shlokas for Children

Timeless Wisdom, Daily Values & Holistic Well-being

Welcome to AyurYogaHeal

At AyurYogaHeal, we bridge ancient Indian traditions—Ayurveda, Yoga, and Vedic wisdom—with modern family living. Introducing children to daily Shloka recitation improves memory, speech clarity, and emotional balance. These 10 essential shlokas foster gratitude, respect, focus, and environmental mindfulness right from an early age.

SHLOKA 1

Karagre Vasate Lakshmi

कराग्रे वसते लक्ष्मीः करंमध्ये सरस्वती ।
करमूले तु गोविन्दः प्रभाते करदर्शनम् ॥

*Karāgre Vasate Lakṣmīḥ Karamadhye Sarasvatī |
Karamūle Tu Govindaḥ Prabhāte Karadarśanam ||*

MEANING

At the tips of our fingers resides Lakshmi (prosperity), in the middle resides Saraswati (knowledge), and at the base resides Govinda (divine support). Therefore, we look at our hands upon waking.

Life Lesson for Children & Ayurvedic Insight:

- This shloka teaches self-confidence, mindfulness, and gratitude at the beginning of each day.
- In Ayurveda, small daily routines (Dinacharya) shape lifelong habits. Pairing a short Sanskrit shloka with a consistent morning routine helps children begin their day with greater calm and focus.

SHLOKA 2

Guru Brahma Guru Vishnu

गुरुर्ब्रह्मा गुरुर्विष्णुः गुरुर्देवो महेश्वरः ।
गुरुः साक्षात् परब्रह्म तस्मै श्रीगुरवे नमः ॥

*Gurur Brahmā Gurur Viṣṇuḥ Gurur Devo Maheśvaraḥ |
Guruḥ Sākṣāt Parabrahma Tasmai Śrī Gurave Namaḥ ||*

MEANING

The teacher is like Brahma, Vishnu, and Maheshwara. The Guru guides us toward wisdom, knowledge, and truth.

Life Lesson for Children:

- Teaches children to respect teachers, elders, and mentors, developing appreciation for those who guide and help us learn.

SHLOKA 3

Saraswati Namastubhyam

सरस्वति नमस्तुभ्यं वरदे कामरूपिणि ।
विद्यारम्भं करिष्यामि सिद्धिर्भवतु मे सदा ॥

*Sarasvati Namastubhyam Varade Kāmarūpiṇi |
Vidyārambham Kariṣyāmi Siddhir Bhavatu Me Sadā ||*

MEANING

O Goddess Saraswati, I bow to you. As I begin my studies, may I always achieve success and understanding.

Life Lesson for Children:

- Encourages deep focus, devotion to study, and a positive, eager attitude toward learning new skills.

SHLOKA 4

Vakratunda Mahakaya

वक्रतुण्ड महाकाय सूर्यकोटि समप्रभ ।
निर्विघ्नं कुरु मे देव सर्वकार्येषु सर्वदा ॥

*Vakratuṇḍa Mahākāya Sūryakoṭi Samaprabha |
Nirvighnaṁ Kuru Me Deva Sarvakāryeṣu Sarvadā ||*

MEANING

O Lord Ganesha, remover of obstacles, of huge body and brilliant light, please help me complete all my tasks successfully and smoothly.

Life Lesson for Children:

- Instills the practice of starting every important activity or project with optimism, prayer, and inner strength.

SHLOKA 5

Twameva Mata Cha Pita

त्वमेव माता च पिता त्वमेव त्वमेव बन्धुश्च सखा त्वमेव ।
त्वमेव विद्या द्रविणं त्वमेव त्वमेव सर्वं मम देव देव ॥

*Twameva Mātā Ca Pitā Tvameva Tvameva Bandhuśca Sakhā Tvameva |
Tvameva Vidyā Draviṇaṁ Tvameva Tvameva Sarvaṁ Mama Deva Deva ||*

MEANING

You are my mother, father, relative, friend, knowledge, wealth, and my everything.

Life Lesson for Children:

- Cultivates humility, deep gratitude, trust, and a feeling of universal connection and safety.

SHLOKA 6

Asato Ma Sadgamaya

असतो मा सद्गमय । तमसो मा ज्योतिर्गमय ।
मृत्योर्माऽमृतं गमय ॥

*Asato Mā Sadgamaya | Tamaso Mā Jyotirgamaya |
Mṛtyor Mā Amṛtaṁ Gamaya ||*

MEANING

Lead me from untruth to truth, from darkness (ignorance) to light (knowledge), and from fear/mortality to wisdom/immortality.

Life Lesson for Children:

- Encourages honesty, seeking truth, overcoming fear through understanding, and continuous self-improvement.

SHLOKA 7

Shubham Karoti Kalyanam

शुभं करोति कल्याणं आरोग्यं धनसंपदा ।
शत्रुबुद्धिविनाशाय दीपज्योतिर्नमोऽस्तुते ॥

*Śubham Karoti Kalyāṇaṁ Ārogyam Dhanasampadā |
Śatrubuddhi Vināśāya Dīpajyotir Namo'stute ||*

MEANING

Salutations to the light that brings well-being, health, prosperity, and destroys negative or destructive thoughts.

Life Lesson for Children:

- Develops an appreciation for light, truth, health, and removing negative emotions like anger and jealousy.

SHLOKA 8

Om Sahana Vavatu

ॐ सह नाववतु । सह नौ भुनक्तु । सह वीर्यं करवावहै ।
तेजस्विनावधीतमस्तु । मा विद्विषावहै ॥

*Om Saha Nāvavatu | Saha Nau Bhunaktu | Saha Vīryam Karavāvahai |
Tejasvināvadhītamastu | Mā Vidviṣāvahai ||*

MEANING

May we learn together, grow together, and perform great deeds together. May our learning be brilliant and effective, and may we never hold ill feelings toward one another.

Life Lesson for Children:

- Promotes cooperation, harmony, friendship, and teamwork in school and daily life.

SHLOKA 9

Samudra Vasane Devi

समुद्रवसने देवि पर्वतस्तनमण्डले ।
विष्णुपत्नि नमस्तुभ्यं पादस्पर्श क्षमस्व मे ॥

*Samudra Vasane Devi Parvata Stana Maṇḍale |
Viṣṇupatni Namastubhyam Pādasparśam Kṣamasva Me ||*

MEANING

O Mother Earth, clothed by oceans and adorned by mountains, wife of Lord Vishnu, I bow to you. Please forgive me for stepping upon you.

Life Lesson for Children:

- Teaches deep environmental awareness, reverence for nature, and humility toward planet Earth.

SHLOKA 10

Gayatri Mantra

ॐ भूर्भुवः स्वः । तत्सवितुर्वरेण्यं ।
भर्गो देवस्य धीमहि । धियो यो नः प्रचोदयात् ॥

*Om Bhūr Bhuvaḥ Svaḥ | Tat Savitur Vareṇyaṁ |
Bhargo Devasya Dhīmahi | Dhiyo Yo Naḥ Pracodayāt ||*

MEANING

We meditate upon the divine light of the Sun that inspires and illumines our intellect and thoughts.

Life Lesson for Children:

- Encourages clarity of thought, sharp focus, wisdom, and inner spiritual growth.

Ready to Begin?

Every Sanskrit journey begins with a single word. If you're exploring Sanskrit for your child or your family, we'd be delighted to help you take the first step.

Start with:

- ✓ A free introductory conversation
- ✓ Understand how the classes work
- ✓ Ask your questions
- ✓ Find the right learning path

No obligation. Just a friendly conversation.

Book a Free Introductory Session