

Manasa Satatam Smaraniyam

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मनसा सततं स्मरणीयम्

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मनसा सततं स्मरणीयम्



मनसा सततं स्मरणीयं
वचसा सततं वदनीयं
लोकहितं मम करणीयम् ॥ लोकहितम् ॥


न भोगभवने रमणीयं
न च सुखशयने शयनीयम् ।
अहर्निशं जागरणीयं
लोकहितं मम करणीयम् ॥ १ ॥

न जातु दुःखं गणनीयं
न च निजसौख्यं मननीयम् ।
कार्यक्षेत्रे त्वरणीयं
लोकहितं मम करणीयम् ॥ २ ॥


दुःखसागरे तरणीयं
कष्टपर्वते चरणीयम् ।
विपत्तिविपिने भ्रमणीयं
लोकहितं मम करणीयम् ॥ ३ ॥

गहनारण्ये घनान्धकारे
बन्धुजना ये स्थिता गह्वरे ।
तत्र मया सञ्चरणीयं
लोकहितं मम करणीयम् ॥ ४ ॥

- डॉ श्रीधर भास्कर वर्णेकर

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