Twitter Thread by Dr Latha Prasanna



Dr Latha Prasanna
@LathaPrasana

Please read & RT max...thanks....
When we go to temple, after darshan we are told to sit down at the foot steps of the temple for a while..
This ancient tradition is told for a specific purpose. In fact, quietly sitting on the foot of the temple, We should recite this shlokam.

Anayasen Maranam
Bina denyen jeevanam
Dehanth tav saanidhyam
Dehi mey Parmeshwaram

"Anayasen Maranam" meaning
bless us a death without any suffering, no sickness, no confinement, no debts ...a peaceful and simple death...

"Bina denyen jeevanam" meaning
Bless us a life where we don't have to depend on anyone for anything....physically & emotionally...a life without any kind of paralysis or helplessness..a life without being a burden on anyone...

"Dehante tav sanidhyam" meanimg
Bless me a death in YOUR presence...let this soul leave my mortal being while I am chanting your name or having your darshan...like Bheeshma Pithamaha, when Krishna was alongside him when he breathed his last

...likewise let my life be released while I am looking up at you, chanting your name...

"Dehi mey Parmeshwaram" meaning
O God, please grant us this boon

Om Namo Narayanaaya ■■■