Om
Sree Vigneswaraya Namaha

Yajur Veda
Avani Avittam/Upakarma
(Japa Vidhi)
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1 Introduction

Please note this document is elaborate and provides step by step instructions with pictures and should be a good guide for people who are unaware of the basics in performing the Yajur Veda Avani Avittam/Upakara and includes Trikala Sandhyavandhanam as well. This document can be used for the other two Upakarmas (Rig and Sam Vedas) with few changes. It can also be re-used for every year’s Upakarma with minor modifications in terms of timings, stars, lagnams, etc. based on your location (indicated by ** in few places of this document). Please excuse and pardon me if there are any errors/omissions and let me know the same by e-mail (as seen in the footer).

We do this only once a year so let us perform this with great sincerity and devotion.

Significance of Avani Avittam or Upakarma

“Avani Avittam” is an ancient and important ritual performed by the Brahmin community in the South Indian states (Tamil Nadu, Kerala, Andhra Pradesh, and Karnataka), and in some parts of Orissa and Maharashtra, on the day of Shravan Poornima. The day is of great significance to Yajur Vedi Brahmins. On the next day, Gayatri Japam is performed. This ritual is called as Avani Avittam in Tamil Nadu and Kerala, and as Yajur Upakarma in Andhra Pradesh and Karnataka.

Avani Avittam means beginning or "Arambham", i.e., to begin the study of the Veda (Veda Adhyayanam). For example, Yajur Upakarma means to begin the study of the Yajur Veda. This auspicious day is also the day when Lord Narayana took the avatara as Lord Hayagriva. Lord Hayagriva restored the Vedas to Brahma from Asuras and also is the God of Knowledge.

Avani is the name of the Tamil month and Avittam is one of the 27 nakshatras or stars.

The principal duty ordained for Brahmins in the Hindu scriptures (Vedas) is learning and teaching (Adhyayana and Adhyapana). So, learning and teaching became the foremost occupation for Brahmins even in the early days. No wonder, education got well organized and systematized in the Vedic period. The ‘Upakarma’ was the solemn opening of the brahminical school term or semester and ‘Utsarga’ it’s closing or valedictory function, the duration of the term being four and half months. The term ‘Upakarma’ literally means things to be done...
before, or as preliminary or preparatory to a main event. Nowadays only Upakarma is observed and that too in a vestigial form and ‘Utsarga’ has been totally discontinued, for obvious reasons. The Upakarma was a Varshika, i.e. an annual function and was conducted during the rainy season on the fullmoon day of Sravana month.

Please Note - The Vedas/Sastras very strongly states that "A Dwija is not eligible to learn vedas if he does not do Trikaala Sandhayavandanam as it is the lynchpin for all the vedas. It also very clearly states that whatever "Naimittika Karmas (Special duties)" a 'Dwija' does like Yajnam/Homams/Pujas/Japam/Service will not render him any benefit if he fails to do his Nitya Karma (Sandhyavandanam). One cannot jump right into college without even going to school. Sandhya Vandnam is a 'Raksha' (Shield) not only for the individual who is doing it but also for the entire family a 'Dwija' is supporting. Do this every day without fail and especially on this Avani Avittam day and next day to reap the benefits.

What is done?

The first step is a 'Prayashchita', a prayer to atone the sins. It says, "For the removal of all my sins and thereby to secure a divine blessing and for qualifying myself to perform the essential duties of Brahmanas as prescribed in the vedas and smritis and adopted by the really good in their conduct I put on this Yajnopaveetam (the sacred thread)

Then a new Yajnopaveetam is worn. When the thread is worn another mantra is recited which means -"I put on the sacred thread which is highly pure, is inseparable from God, is capable of prolonging life and is the foremost in the accomplishment of a Brahmana. May such pure Yajnopaveetam bring strength and dignity."

While removing the old thread, the mantra means -"I throw away the broken dirty old thread, may the new one bring on long life and Brahmana's brilliance."

The next step is to restarting recitation or learning of Vedas. In old days, the course consisted of two terms, the first beginning from the month of Sraavan extending upto Pushya month (about 5 months) and the second covers the balance 7 months.

During the first term, the Vedas are taught - Samhitas, Brahmanaas, Aranyakas and Upanishads. The beginning of this study is called 'Upakramanam'. This term ends with ‘Visarjana karma’ (Utsarga).
In the second term, other shsatras like the Vedangas are taught, e.g.
siksha, vyakarna, chandas, nrukham, jyothisham and kalpam. Next
year, the cycle restarts with ‘Upakramanam’.

This is a 12 year course normally. But, some vidyarthis undertake
further studies upto 18 or even 24 years. Even the gruhasta’s (married
men) are expected to continue the studies since they are expected to
teach other students - called ‘Adhyaapanam’.

Preservation of Vedas is our duty. It is a treasure-house of
knowledge. Furthermore, we have some parts of Sandhya Vandana
mantras in every religious function and it is therefore necessary to
have Yajnopaveetam.

The Yajur Veda Avani Avittam/Upakarma also has a **Homa Vidhi** part
(as opposed to **Japa Vidhi** as stated in this document). The ritual is
homam based (Agni/Fire) and consists of Vigneswara Pooja and
Adhyayanana Homam, Punyahavachanam, Varuna Avahanam, Theertha
Prokshanam, Veda Vysar Avahanam, Agni Mukham, Agni Dhyanam,
Nava Ahuthi, Jayaadi Homam, Prayaschitha Homam, Poorna Ahuthi
Homam, Upasthanam, Gayatri Maha Mantra Homam, etc. Please check
with your priests or elders and perform the homams as needed.
2 Things required for Avani Avittam/Upakarma

Many mantras in Sandhya Vandanam, Avani Avittam and other vedic rituals have notations or vocal modulation. Learn these mantras and abhivaadanan with notations correctly from a preceptor (Priest or elders in the house).

1. **Samith** – For Brahmacharis to perform samithadhanam. In case of first year after Upanayanam (Thalai Avaani Avittam) the same would be performed with Homam with the help of a Priest.

2. **Maunji, Ajinam, Dandam** - Brahmacharis need to wear maunji (belt made of sacred grass), ajinam (deer skin) and dandam (stick made of palaasa wood) when they wear the Yajnopaveetam (sacred thread). There are separate mantras for each.

3. **Vratti** – Dried cow dung cakes (round and flat) for lighting the fire for performing Samidada dhanaam/homam’s.

4. **Timings** - Praatah-Sandhyaam (morning) ritual needs to be done before or during sun rise (6.00 AM or around), Maadhyaahnikam (noon) ritual needs to be done during noon (12.00 PM), Saayam-Sandhyaam (evening) ritual needs to be done during sun set (6.00 PM or around). During Upakarma the Yajnopaveetam is first worn in the morning for Kamoka Rishith Japam and one later in the afternoon after Mahasankalpam.

5. **Rituals** - Generally do Sandhya Vandanam in the direction facing the sun. As achamanam cannot be done facing west, in the evening (Saayam-Sandhyaa sections 1.16 and 1.24) do items Part I - Steps 1-8 and Part I - Steps 12-17 facing east. Part I - Steps 9-11 (Arghya Pradaanam) should be done facing west. In Part II all the steps are done facing West except items 21 and 22.

6. **Pavithram’s** – Required for almost all rituals/sub rituals during this day and Gayathri Japam the next day (around 10 numbers, may be re-used). Pavithram’s are made of two katta darbhais. To be worn in the right hand ring finger and also to keep near the folded legs.

7. **Water** – Lots of water required to do this ritual. Single Panchapatram water is not sufficient for this ritual. Keep a pot full of water nearby.

8. **Panchapatram** – A tumbler type vessel made of either silver, copper, brass or five metals is required to keep the water. Maintain a separate Panchapatram, Aasanam etc. as an invisible bond develops between
9. **Uddharani (Aachamani)** – A spoon type implement made of any of the above metals, with lesser circumference but more depth.

10. **Theertha Patram (Thamabalam)** – A hollow plate made of silver, copper, or brass required for the water oblations during the course of the daily rituals.

11. **Katta Darbhai** – Sufficient quantity (Dried kora grass)

12. **Black Sesame seeds** (Thil/ Ellu)

13. **Rice** – Akshadhai

14. **Dakshinai** – See Appendix B

15. **Aasanam** – A seat made of wood, wool, jute or plastic.

16. **Jalapatram** – A vessel with a lesser base and wider top with proportional height made of silver, copper or brass would be required for keeping extra or more water to be utilized during water oblations.

17. **Yajnopaveetam** – Sacred thread also known as Poonal. It is a cotton thread band consisting 3 strands (lines) in a loop knotted at one point. Brahmacharis (Bachelors) will wear a Yajnopaveetam set (3 lines/strands). Gruhasta’s (Married males) will wear two sets of Yajnopaveetam’s (6 lines/strands), one more set (3 lines) if father has passed away) based on their priests recommendations. Make sure Yajnopaveetam is clean and you do not wear any chains, keys or other yantras in it. We change Yajnopaveetam twice once in the very beginning and one in the afternoon during Upakarma (before Kanda Rishi Tharpanam). So Gruhasta’s need 4 sets and Brahmachari 2 sets.

18. **New Vastram** – Cream of white coloured silk or cotton dhoti. Gruhasta’s (Married males) should wear it ‘Panchakacham’ type. Even for Brahmacharis – two vastrams are needed while doing ‘Anushtana’ (ritual).

19. **Upavastram or Uttareeyam** – A towel like the dhoti but of lesser length and width. It is mandatory for Gruhasta’s as prescribed by the “Dharma Shastras” and equally important for Brahmachari’s (Bachelors) while performing “Gayathri Japa”.

20. **Mix vibuthi** (sacred ash) with water and apply on forehead, three on each arm starting with top of the arm, middle of the arm and lower
arm, middle chest, two below the shoulder and two on the back.

21. **Compass** – For knowing the directions

22. **Check** – ** indicated in this document. Eg. Abhivaadanam, timings, stars, lagnams, etc. for the ritual (Kamoka Rishith Japam, Maha Sankalpam, and Gayathri Japam) to be performed based on your location. Make sure you have this information ahead of time.

**Note** -

1. Gruhasta’s (Married men) should wear Vastram as ‘Panchakaccham’ and also should have their hair done, as in the olden days, how Brahmins used to be, sporting ‘Sigai’ or ‘Kudumi’. Nowadays, it is not a common practice to have it, so we should wear three ‘Katta Darbhais’ (dried kora grass) in the right ear as Praayashchitta (atonement) for not having kudumi.

![Image: Person wearing Katta Darbhai](image)

Wear Katta Darbhai’s here.

2. When you are not performing any ritual (Sandhyavandama/Poojas/Tharpanams) please wear the Yajnopaveetam/Poonal in ‘Niviti’ (garland) fashion and not on the left shoulder as seen nowadays. (Kanchi Mahaswamigal in ‘Deivathin Kural’ / ‘Voice of Divine’). The reason being when performing rituals for Devas we face east meaning which our left shoulder, where the Yajnopaveetam currently is, will be pointing north where Deva lokham is. Similarly, when we do Pithru tharpanams facing east we wear the Yanopaveetham on the right shoulder and the right shoulder faces south direction which is Pithru lokham (our ancestors who passed away). When we indulge in humanly activities the Yajnopaveetam should be worn in ‘Niviti’ (garland) fashion.

3. After performing the Avaini Avittam ritual and Gayathri Japam learn from elders or priest and chant Gayathri Kavasam (shield), Gayathri Strothram, Gayathri Hrudayam and Gayathri Sabha Vimosanam.
3 Avani Avittam/Upakarma Steps

1.1. Kshowaram/Vapanam

Broaden the forehead by shaving, for a prescribed width of four (4) finger thickness, which is nowadays adjusted with a few hairs.

1.2. Snanam (Nithya Karma)

Take head bath and wear new Vastram and upavastram. Gruhasta’s wear Pancha kachcham or wear three ‘Katta Darbhais’ (dried kora grass) in the right ear as Praayashchitta (atonement) for not having Sigai/Kudumi and Pancha kachcham.

In the pooja room light the oil/ghee lamp, offer flowers and pray to the lord and elders at home for successful completion of this ritual.
1.3. **Sandhya Vandanam (Nithya Karma - Prathas Sandhyam)**

**Summary Meaning:**

Sandhya Vandanam literally means either “Salutation to the goddess of Dawn and dusk” or “the prayers done during dawn and dusk.” Hindus considered the period just before dawn and just after dusk as well as the exact period of noon, as extremely suitable for meditation. All Brahmans after Upanayanam (prescribed to be done at the age of seven), were required to do these prayers without fail. Essentially these prayers are offering oblations to the devas (arghya pradanam), doing breathing exercises (pranayamam) and then meditating on Gayathri by chanting the king of all mantras “Gayathri”. This mantra is taught to every boy by his own father during the ceremony of brahmopadesam. After learning Gayathri every boy is supposed to have taken a second birth and is entitled to be called “Dwija” (born twice).

Our scriptures attach lot of importance to Sandhya vandanam. They prescribe that a ‘Dwija’ (twice born after Upanayanam) should do it without fail every day. They also say that the knowledgeable Brahmin who salutes the Sun god daily thrice would attain whatever he wants. They further say that one who does not do sandhyavandanam is a sinner and is not eligible for any Vedic duties.

During Praatah-Sandhyaam, Shri Gayathri (Samashti Svaroopini) will be worshipped as Shri Gayathri - Brahma Svaroopini as shown below.
Part I - Arghya Pradaanam

1. Aachamanam and Angavandanam

*Face east*

Clean the interior by sipping of water with mantra and clean the exterior by touching the various organs and reciting divine names. Sit with hands between hunched legs as shown in the picture below. Bend all the fingers except the thumb and the little finger to form space enough for an ‘Uddharani’ (Spoon) full of water. Take very small quantity of water in the palm and sip (as ‘Brahma Thirtha’) after each mantra. Sip the water from the palm each time uttering the following mantras:

1. Om achyutaaya namaha
2. Om anantaaya namaha
3. Om govindaaya namaha

Put little water on the base of thumb and wipe the mouth. Repeat this twice. Clean the palm.

*Continue to sit in Aachamanam posture and perform ‘Angavandanam’.*

Uttering the following six pairs of mantras, touch the various parts of the body with the respective fingers of the right hand, against each pair. Make sure the tip of the forefinger touches the thumb in the first mantra and the thumb touching the respective fingers while doing the remaining pairs.

- Touch with thumb both cheeks saying Keshava-Naaraayana
• Touch with ring finger both eyes saying Maadhava-Govinda

• Touch with the first/index finger both sides of nose saying Vishno-Madhusoodana

• Touch with little finger both ears saying Trivikrama-Vaamana

• Touch with the middle finger both shoulders saying Shreedhara-Hrusheekesha

• Touch with all fingers the belly button saying Padmanaabha

• Touch with all fingers the head saying Daamodara

Wear the Pavithram (Katta Darabhai Ring made of two katta darbhais) in right hand ring finger by chanting “Pavitrham Truthva”
2. Ganapathi/Vigneshwara Dhyaanam

Face east, continue to sit in aachamanam posture

Pray to Lord Ganesha, who has a serene smile, white like a moon clad in white cloth to remove all obstacles. Recite the following mantra slowly tapping the two sides of the forehead (5 times) with both fists together.

Om
Shuklaambaradharam vishnum
Shashivarnam chathurbhujam
Prasannavadanam dhyaayet
Sarvavighna upashaantaye

3. Praanaayaamaha

Face east, continue to sit in aachamanam posture

This step requires empty or near-empty stomach as it deals with yogic breathing or regulation of breath. Ironically the timings of Sandhya vandanam adhere to it as well, Praatah Sandhya at 6.00 AM before breakfast, Maadhyaahnikam at 12.00 PM before lunch, and Saayam-Sandhyaam at 6.00 PM before dinner. Fold the index and the middle fingers. Press the right nostril with the thumb and the left with the ring and little fingers. There are three parts in this mantra. The first part is from ‘Om bhoohu’ to ‘Ogm satyam’. The next part is from ‘Om tat’ to ‘Prachodayat’ and the third part is from ‘Om-aapo’ to ‘Bhoor-bhuvas-suvarom’. Inhale through the left nostril reciting mentally, the first part of the mantra. Hold the breath during the second part and breathe out through the right nostril reciting the third part. This entire process is one ‘Praanaayaama’ or yogic breathing. If you cannot do this process, at least hold both nostrils and do not breathe while reciting the following mantra:
Om bhoo hu om bhu va ha ogm suva ha om mahaha
Om ja na ha om tapa ha ogm sa tyam
Om tat sa vitur vare nyam bha ro go deva sya dheema hi
Dhi yo yo nah prachodaya at
Om aa po jyote raso-amrutam brahma
Bhoor-bhu va su va ro m

Touch the right ear and say three times,

Om, Om, Om

4. Sankalpaha

Indicates the determination to do an action (Sandhyavandanam) with the understanding that the Lord Parameshwara is the Phaladhata.

Face east, continue to sit in aachamanam posture

Keep the right palm inside the left palm and keep the palms on the right thigh and recite the following mantra:

Mamopaatta samasta-durita-kshaya-dvaaraa
Shree parameshvara preetyartham

Morning (Praatah Sandhya) - Tell “Praatah- sandhyaam-upaasishye”

After Sankalpam wash the right palm with water. (Pour one Uddharani or Aachamani or Spoonful of water into the Theertha Patram or Thamabalam or Plate through your right palm)
5. Maarjanam (Prokshana Mantra)

Sprinkling of water. Prayer for the purification of the body and mind.

**Face east, continue to sit in aachamanam posture**

Take water in the ‘Uddharani’, immerse the ring finger in the water of the ‘Uddharani’, write ‘OM’ in water with the ring finger and apply it in the space between the eyebrows with the water (‘Tilak’) while reciting the following mantra:

‘Om shree keshavaaya namaha’

Recite the following ten mantras. While reciting the first seven sprinkle water on the head, while reciting the eighth touch the knees or thighs, ninth again sprinkle on the head and complete by reciting the tenth with take little water on your right palm and rotate the palm around the head to sprinkle water around body in clockwise direction like ‘Pradakshinam’.
Om
Aapo hi shtubhaa mayo-bhuvaha (1)
Taa na oorje dadhaatana (2)
Mahe ranaaya chakshase (3)
Yo vah-shivatamo rasaha (4)
Tasya bhaajayateha naha (5)
Ushatheeriva maataaraha (6)
Tasmaa arangamaama vaha (7)

Yasya kshayaaya jinvatha (8) Touch both knees
Aapo janayathaa cha naha (9)

Om bhoor-bhuvah-suuvaha (10) Do Prokshanam

6. Apaam Praashanam

Sipping water with Mantra – Prayer for removal of sins committed in the previous part of the day.

Face east, continue to sit in aachamanam posture

Take in the hand small quantity of water in the palm (just sufficient to immerse one grain) and recite the following mantra. After reciting the mantras drink the water.

Morning (Praatah-Sandhya)
Sooryashcha maa manyushcha manyupatayashcha
Manyukrutebhyaha
Paapebhyo rakshantaam
Yad-raatriya paapam-akaarsham
Manasaa vaachaa hastaabhyaam
Padbyaam-udarena sishnyaa
Raatris-tad-avalumpatu
Yat-kincha duritam mayi
Idam-aham maam-amruta-yonau
Soorye jyotishi juhomi svaahaa

7. Do Aachamanam and Angavandanam as in Step 1 (Face east)

8. Punar-Maarjanam (Punah-prokshana mantraha)

Sprinkle water again. Pray for face and other organs to be fragrant and for longer life.

*Face east, continue to sit in aachamanam posture*

Recite the following fourteen mantras. While reciting the first eleven-sprinkle water on the head, while reciting the twelfth touch the knees/thighs, thirteen again sprinkle on the head and complete by reciting the fourteenth with take little water on your right palm, rotate and sprinkle around your head in clockwise direction like ‘Pradakshinam’.
Dadhikraavinno akaarisham (1)
Jishnor-ashwasya vaajinaha (2)
Surabhino mukhaa karatu (3)
Prana aayoo-g-mshi taarishatu (4)

Om
Aapo hi shtaa mayo-bhuvaha (1)
Taa na oorje dadhaatana (2)
Mahe ranaaya chakshase (3)
Yo vah-shivatamo rasaha (4)
Tasya bhaajayateha naha (5)
Ushitheeriva maataraha (6)
Tasmaa arangamaama vaha (7)

Yasya kshayaaya jinvatha (8) **Touch both knees**
Aapo janayathaa cha naha (9)

Om bhoor-bhuvu-suvaha (10) **Do Prokshanam**

**9. Arghya Pradaanam**

**Offering of water - Very important aspect of Sandhya Vandanaam worship.** Water poured turns into a ‘Vajrayudha’ (very powerful weapon) and fights laziness which obscures Divine Knowledge. Veda extols the importance of arghyam and also its time of offering. The Arghyam is to be offered (as Deva Thirtha - Water poured down through the tip of the fingers except the thumb) before sunrise in the morning, before crossing the zenith in the noon and before sunset in the evening. Use large quantities of water for arghyam.

**Stand up and face east**
Arghya Pradhana Manthrasya Vishwamitra Rishihi (Touch the forehead with fingers)
Gayatri Chandaha (Touch below nose with fingers)
Savitha Devatha Arghya Pradhanae Viniyogaha (Touch the middle of the chest with fingers)

Standing up, join both hands together, **hold your breath and Panchapatram in left hand between thumb and forefinger and pour hands full of water**, taking care **not to join thumb with other fingers in the hand**, stand up high on the toes with heels in the air and hands stretched out and opposite to the face (see pictures below), repeat the following mantra and pour water **thrice during morning**:

```
Om bhoor-bhuvah-suvaha
Tat savitur-varenyam bhargo devasya dheemahi
Dhiyo yo nah prachodayaat
```

10. **Do Praanaayaamaha as in Step 3 (Stand up and face east)**

11. **Praayaschitta Arghyam**

**Stand up and face east**

Keep the right palm inside the left palm and keep the palms on the right thigh and recite the following mantra:
Kaalaateeta praayashchittaartham
Arghyapraadaanam karishye

After Sankalpam wash the right palm with water. (Pour one Uddharani or Aachamani or Spoonful of water into the Theertha Patram or Thamabalam or Plate through your right palm)

Then offer one more Arghyam in a similar fashion as above in Step 9. This is a Praayashchitta (atonement) for doing the Arghya Pradaanam late by reciting the following mantra:

Om bhoor-bhuvah-suvah
Tat savitur-varenyam bhargo devasya dheemahi
Dhiyo yo nah prachodayaat

12. Athma Pradakshanam or Athma Parishechanam

Purification of Athma

Stand up and face east

Take small quantity of water in the right hand, rotate and sprinkle it above ones own head saying:
13. **Do Praanaayaamaha as in Step 3 (Stand up and face east)**

14. **Aikyaanusandhaanam**

*This step is very important and is the life line of Sandhya Vandanam.*

It identifies the self with the Supreme Being. Touch the chest with all the 10 fingers of both hands and recite the following mantra. Do not rush up! Spend a minute or two on this meditation with closed eyes.

**Stand up and face east**

With both hands touch the middle of the chest. Close the eyes meditate and recite:

```
Asaavaadityo brahma
Brahmaiva-sathyam
Brahamaiva-aham-asmi
```

15. **Do Achamanam and Angavandanam as in Step 1 (Face east)**

16. **Navagraha-Deva Tarpanam**

*Offering of water to please the devas – use as much water as possible! – Thus regular practice of Sandhya Vandanam obviates the need to do special homas etc. to ward of problems (Kanchi MahaSwamigal in Deivathin Kural).*

**Sit down (or in achamanam posture) and face east**

Hold Panchapatram in left hand between thumb and forefinger and pour hands full of water. Take care to take water separately each time. Do not join thumb with other fingers.
Aadityam tarpayaami
Somam tarpayaami
Angaarakam tarpayaami
Budham tarpayaami
Bruhaspatim tarpayaami
Shukram tarpayaami
Shanaishcharam tarpayaami
Raahum tarpayaami
Ketum tarpayaami
Keshavam tarpayaami
Naraayanam tarpayaami
Maadhavam tarpayaami
Govindam tarpayaami
Vishnum tarpayaami
Madhusoodanam tarpayaami
Trivikramam tarpayaami
Vaamanam tarpayaami
Shreedharam tarpayaami
Hrusheekesham tarpayaami
Padmanaabham tarpayaami
Daamodharam tarpayaami

17. Do Achamanam and Angavandanam as in Step 1 (Face east)

Pour one Uddharani (Aachamani or Spoonful) of water into the Theertha Patram (Thamabalam or Plate) through your right palm while reciting the mantra below.

Mayaa krtam idam sarvam karma
Om tat sat brahmaarpanam-astu

This ends the first part of Sandhya Vandanam.
**Part II - Japam**

**Face east during Praatah-Sandhya (Morning)**

Sit down straight in the Padmasana pose (sit cross-legged and pull both feet onto the opposite thigh), sitting on a mat or wooden plank placed on the floor.

1. **Japa Sthala Prokshanam**
   
   **Sit down and face east**

   Sprinkle water on the place where you propose to do japa by reciting the following mantra.

   Om bhoor-bhuvah-suvaha

2. **Do Ganapathi/Vigneshwara Dhyaanam as in Part I - Step 2 (Sit down and face east)**

3. **Do Praanaayaamaha as in Part I - Step 3 (Sit down and face east)**

4. **Japa Sankalpaha**
   
   **Sit down and face east**

   Keep the right palm inside the left palm and keep the palms on the right thigh and recite the following mantra:
Mamopaatta samasta durita kshaya dvaara
Shree parameshwara preethyartham

**Morning (Praatah-sandhya) - “Praatah-sandhyaa-gaayatree mahaa mantra-japam karishye”**

After Sankalpam wash the right palm with water. (Pour one Uddharani or Aachamani or Spoonful of water into the Theertha Patram or Thamabalam or Plate through your right palm)

**5. Pranava Japam**

Each and every mantra in the Vedas has a Rishi, who has seen it, a meter (chandas) and a devata who is invoked by the mantra. Mantras are more effective if these are remembered before reciting it. By touching the head you mentally bow to the rishi who has seen it, touch the upper lip/nose to signify the meter and the chest to meditate on the devata.

**Sit down and face east**

---

Pranavasuya Rishih-brahmaa (Touch the forehead with fingers),
Devee Gaayatree chandaha (Touch below the nose with fingers),
Paramaatmaa devataaa (Touch the middle of the chest with fingers)

**Touch the forehead with fingers and recite,**

Bhooraadi saptavyaahrteenaam Atri bhrugu kutsa vasishtha gautama
Kaashyapa aangirasa rishayaha

**Touch below the nose with fingers and recite,**

Gaayatree ushnig anushtup bruhatee Pankti trishtup jagatyah chandaamsi

**Touch the middle of the chest with fingers and recite,**

Agni vaayu arka vaageesha varuna Indra vishvedevaa devataaha
Savitryaa rishih vishvaamitraha (Touch the forehead with fingers)
Devi-gaayatree chandaha (Touch below the nose with fingers)
Savitaa devataa (Touch the middle of the chest with fingers)
6. Do Praanaayamaaha as in Part I - Step 3 *(10 times) (Sit down and face east)*

7. Gaayatree Aavaahanam

Prayer to Gayathri Devi to occupy the lotus of the individual’s heart.

*Sit down and face east*

Aayaatu Itya-nuvaakasya vaamadeva rishihi (Touch the forehead with fingers)
Anushtup chandaha (Touch below the nose with fingers)
Gaayatree devataa (Touch the middle of the chest with fingers)

*Anjali Mudra (fold hands together)*

Aayaatu varadaa devee
Aksharam brahma-sammitam
Gayatreem chandasaam maatedam
Brahma jushasva naha

Ojo’si saho’si balamasi bhraajo’si
Devaanaam dhaama naamaasi
Vishvamasi vishvaayuhu
Sarvamasi sarvaayuhu

While reciting the last three mantras, after ‘Aavaahayaami’, keep both the palms together *(‘Avahana Mudra’) and then slowly take the fingers towards oneself towards the chest, and bring it back to original position after each rotation.
Abhi bhoorum
Gaayatreem aavaahayaami
Saavitreem aavaahayaami
Sarasvateem aavaahayaami

8. Gaayatree Nyaasaha

*Sit down and face east*

Savithryaa rishih vishvaamitraha (Touch the forehead with fingers)
Nichrut-gaayatree chandaha (Touch below the nose with fingers)
Savitaa devataa (Touch the middle of the chest with fingers)
Jape Viniyogaha

9. Gaayatree Japam

*Central theme of the Sandhya Vandanam worship.* The very elaborate preamble indicates the importance of the purification of both the mind and the body as a precondition to do the Japa. Casual chanting of Gayathri is to be avoided at all costs.

*Stand up and face east*

Chant Gayathri mantra at least *108 times in the morning*. Take care that the mantra is not heard to any one and if possible without the lips moving. Chant the mantra mentally – count using only hands covered with angavastram.

The hands with both palms joined (like you give Arghyam so that the palms are not completely joined and you can count). The traditional method of counting uses both the palms. *Hold the palm together sideways in front of your face during morning* (see the pictures). There are three sets of lines on all the fingers except the thumb. Begin counting, using the right thumb, from the middle line on the ring finger. Move the thumb down to the bottom line of the same finger, then to the bottom line of the little finger and then move the thumb upwards on to the middle and top lines on the same finger and then along the top lines of the ring, middle and forefingers, and then finally move down on to the middle and bottom lines of the forefinger, all in a clockwise direction to complete ten counts of the Gayathri mantra japa. Now return to the middle line of the ring finger from where the counting started, in anti clock wise direction in the same manner thus completing the next ten
counts. Keep repeating this process till the desired number of counts is completed.

“Om bhoor-buvah-suvaha
Ttat savitur-varenyam
Bhargo devasya dheemahi
Dhiyo yo nah prachodayaat”

10. Do Praanaayaamaha as in Part I - Step 3 (Stand up and face east)

11. Gaayatree Upasthaanam

Request Gayathri Devi to return to her abode.

*Stand up, face east and chant with Anjali Mudra (fold hands together)*

'Braatas-sandhyaa-gayatree-upasthaanam karishye ' *

Bend down and touch the ground with the ring finger and then the forehead in the middle area of the eyebrows chanting the mantra below:
Uttame shikhare devi
Bhoomyaam parvata moordhani
Braahmanebhyo hyanujaanam
Gachcha devi yathaa-sukham

12. Surya Upasthanam

Send off of the Sun God.

*Stand up, face east and chant with Anjali Mudra (fold hands together)*

*During morning (Praatah-sandhya)*

Om mitrasya charshanee-dhrutaha shravo devasya-saanasim,
Satyam chitrashravastamam,
Mitro-janaan yaatayati prajaanan mitro daadhaara pruthivee-mutadyaam,
Mithrah-krushteer-animishaa-abhichashte,
Satyaaya havyam krutavad-vidhema,
Prasa-mitra marto asthu prayasvaan yasta aaditya shikshati vratena,
Na hanyate na jeeyate tvoto nainam agm ho ashnoth anti-to na dooraat.

13. Samashti Abhivaadanam

Sins committed out of ignorance under the compulsion of desire or anger may please be forgiven.

*Stand up, face east*

Stand up, starting from east (during Praatah-sandhya), where the Gayatri japam was done, after each mantra turn 90 degrees to the right.

*Chant with Anjali Mudra (fold hands together)*
Sandhyaayai namaha (Face East)
Saavitryai namaha (Face South)
Gaayatryai namaha (Face West)
Sarasvatyai namaha (Face North)

**Chant with Anjali Mudra (fold hands together) facing the east**

Sarvaabhyo devataabhyo namaha

Kaamo-akaarsheen-manyur-akaarsheen namo namah

**14. Do Abhivaadanam and Namaskaram (Prostrate) (Face east)**

**Check with your family elders or priest on this.**

Cover both ears with hands, slightly bow and chant:

Abhivaadaye (Tell your rishis) (Tell number) Risheya
* Triaarsheya (for 3 rishis) or
* Panchaarsheya (for 5 rishis)
(Tell your pravara) pravaraanvita
(Tell your Gothra) gothraha
(Tell your Suthra) suthraha
(Tell your Veda) adhyaayee
Shree (Tell your name) sharmaa naama aham asmi bhoho
An example of Abhivaadanam is,

Abhivaadaye Vaishwamitra
Agamarshana
Koushiga
Triaarsheya
Pravaraanvita
Kousiga gothraha
Aapastamba sootraha
Yajuh-shaakhaaa-adhyaayee
Shree krishna sharmaa naama aham asmi bhoho

After this do Namaskaram (prostrate)

15. Dig-Devaataa-Vandanam

Salutations to all directions.

Stand up, face east and chant with Anjali Mudra (fold hands together)

Chant the following mantras with folded hands offer salutations to the different directions facing that direction:

Praachyai dishe namaha (Face East)
Dakshinaayai dishe namaha (Face South)
Prateechyai dishe namaha (Face West)
Udeechyai dishe namaha (Face North)

Stand up, Face east and continue chanting with Anjali Mudra (fold hands together)
Oordhvaaya namaha (Pray with folded hands together and point above, sky)  
Adharaaya namaha (Pray with folded hands together and point below, earth)  
Antarikshaaya namaha (Pray with folded hands together and point above, sky)  
Bhoomyai namaha (Pray with folded hands together and point above, earth)  
Brahmane namaha (Pray with folded hands together and point above, sky)  
Vishnave namaha (Pray with folded hands together and point above, earth)  
Yamaaya namaha (Pray with folded hands together)  

16. Yama Vandanam  

Salutations to Lord Yama.  

Stand up, face south and pray with Anjali Mudra (fold hands together)  

Yamaaaya dharma-raajaaya  
Mrutyave cha-anthakaaya cha  
Vaivasvataaya kaalaaya  
Sarvabhootha-kshayaaya cha  
Audumbaraaya dhadhnaaya  
Neelaaya paramessthine  
Vrukodaraaya chitraaya chitraguptaaya vai namaha  
Chitraguptaaya vai nama om namah iti  

17. Harihara/Ardhanari/Parabrahma Vandanam  

Salutations to Lord Harihara or Ardhanari or Parabrahma.  

Stand up, face west and pray with Anjali Mudra (fold hands together)  

Ruthagm satyam param brahma  
Purusham Krishna-pingalam  
Oordhvaretam viroopaaksham  
Vishvaroopaya vai namo namaha  
Vishvaroopaya vai nama om nama iti
18. Sarpa Raksha Mantram

Recite in the direction of river Narmada. Snakes gave a solemn promise to Rishi Astikar that they will not do harm to anyone who recite the following prayer.

**Stand up, face north and pray with Anjali Mudra (fold hands together)**

![Anjali Mudra Image]

Narmadayayi Nama-Prathaha  
Narmadayai namo nisi  
Namosthu narmadhe thubhyam  
Traith maam visha sarpathaha  
Jarath karor  
Jarath karvaam  
Samuthpanno maha yacha  
Aasthika Sathya santho maam  
Pannagebhyo abhi rakshathu  
Apa sarpa sarpa bhadram the  
Dooram gacha maha yacha  
Janamejayasya yagnanthe  
Aasthika vachanam smaran

19. Soorya Narayana Vandanam

This sloka permeates a highest sense of total surrender to the Lord – expected to stimulate a similar sense in the person who chants it.

**Stand up, face east and pray with Anjali Mudra (fold hands together)**

![Anjali Mudra Image]
Namah savithre jagad-eka chakshushe
Jagatprasoothi-sthti-naashahetave
Trayeemayaaya trigunaatmadhaarine
Virinchinaarayana shankaraatmane
Dhyeyah sadaa savitru mandala
Madhvavartee naaraayanaha
Sarasijaasana sannvishtaha
Keyooravaan makarakundalavaan
Kireetee-haaree hiranmaya-vapuhu
Druta shanka chakraha
Shanka chakra gadaa-paane dvaarakaa-nilayaachyuta
Govinda pundareekaaksha raksha maam sharanaagatham
Raksha maam sharanaagatham om na iti

Aakaashaat patitam toyam yathaa gachchati saagaram
Sarvadeva namaskaaraha keshavam pratigachcathi
Shree keshavam pratigachchatyom na iti

Do Namaskaram (prostrate)

20. Do Abhivaadanam and Namaskaram as in Part II - Step 14. (Face east)

21. Do Aachamanam and Angavandanam as in Part I - Step 1 (Face east)

22. Samarpanam

Give away all the actions to the lord.

Continue to sit in Aachamanam posture facing east

Take an Uddharani (Aachamani or Spoonful) of water, pour it on the ground through your right palm and then recite the following mantra:

Chant with Anjali Mudra (fold hands together)
Kaayena vaachaa manas-endriyairvaa
Buddhyaa-aatmanaa vaa prakruteh svabhaavaat
Karomi yadyat sakalam parasmai naaraayanaayeti samarpayaami

Mantra-heenam kriyaa-heenam bhakti-heenam janaardana
Yat krutam tu mayaa deva paripoornam tadastu te

Praayashchittaani ashishaani tabah karma aatma kaanivai
Yaani teshaa ashishaanaam shree krishna-anu-smaranam param
Shree krishna krishna krishna

Pour one Uddharani (Aachamani or Spoonful) of water into the Theertha Patram (Thamabalam or Plate) through your right palm while reciting the mantra below.

Om tat sat brahmaarpanam-astu

23. Raksha

Protective Shield.

Continue to sit in aachamanam posture facing east

Take small quantity of water in the right hand, rotate and sprinkle it above ones own head (Prokshanam) saying:

Adyaa no deva savitaha prajaavatsaaveehi saubhagam,
Paraa dushvapniyagm-suva,
Vishvaani deva savitaha duritaani paraasuva,
Yad bhadram tanma aasuva

Then touch the ground with ring finger and place it in the forehead.

Remove the Pavithram, unwind it, and put in on north side (left hand side) and wash your hands (both sides) with water.
24. Do Aachamanam and Angavandnam as in Part I - Step 1 (Face east)

Pour one Uddharani (Aachamani or Spoonful) of water into the Theertha Patram (Thamabalam or Plate) through your right palm while reciting each mantra below.

Om Shree Gayathriye Namaha
Om Shree Sandhyayae Namaha
Om Shree Krishnarpanamasthu
1.4. **Samidaa Dhaaanam (Nithya Karma – Brahmachari’s only)**

**Summary Meaning:**

The initiate performs this part of the rite to invoke the blessing of Agni and also to get a feeling of security. He prays to Agni to bestow him with vigor, brilliance, clear intellect, memory etc. As he offers the twigs of Aswatha tree (Samith) to the fire, he says, “Oh Fire! Just as you glow with effulgence by consuming these twigs, so also let my brilliance, luster, knowledge etc glow by thy grace. Bless me with life, wealth, progeny, vigor, energy and power. Let me become the best among the benefactors, best among the twice born, best among the householders, best among the students and so on. Let me have everything in life in abundance”.

Finally he takes a little of the ashes from the Homa Kunda and mixing it with a little water to form a paste applies it on the different parts of the body with the conviction that it will act as an armor or talisman against all possible evils. Here it should be appreciated that this was meant to act as a psychological factor in boosting the morale and self confidence of the youngster who is required to stay away from home in a new environment and among strangers in the Guru Kula.
Face east, infront of you keep an Agni or Homa kundam (fire box). Keep the fire ready in the agnikundam. Do not light it yet.

1. Aachamanam and Angavandanam

Face east

Clean the interior by sipping of water with mantra and clean the exterior by touching the various organs and reciting divine names. Sit with hands between hunched legs as shown in the picture below. Bend all the fingers except the thumb and the little finger to form space enough for an ‘Uddharani’ (Spoon) full of water. Take very small quantity of water in the palm and sip (as ‘Brahma Thirtha’) after each mantra. Sip the water from the palm each time uttering the following mantras:

1. Om achyutaaya namaha
2. Om anantaaya namaha
3. Om govindaaya namaha

Put little water on the base of thumb and wipe the mouth. Repeat this twice. Clean the palm.

Continue to sit in Aachamanam posture and perform ‘Angavandanam’.

Uttering the following six pairs of mantras, touch the various parts of the body with the respective fingers of the right hand, against each pair. Make sure the tip of the forefinger touches the thumb in the first mantra and the thumb touching the respective fingers while doing the remaining pairs.
• Touch with thumb both cheeks saying Keshava-Naaraayana

• Touch with ring finger both eyes saying Maadhava-Govinda

• Touch with the first/index finger both sides of nose saying Vishno-Madhusoodana

• Touch with little finger both ears saying Trivikrama-Vaamana

• Touch with the middle finger both shoulders saying Shreedhara-Hrusheekesha

• Touch with all fingers the belly button saying Padmanaabha
• Touch with all fingers the head saying Daamodara

Wear the Pavithram (Katta Darabhai Ring made of two katta darbhis) in right hand ring finger by chanting “Pavitrham Truthva”

2. Ganapathi/Vigneshwara Dhyaanam

**Face east, continue to sit in aachamanam posture**

Pray to Lord Ganesha, who has a serene smile, white like a moon clad in white cloth to remove all obstacles. Recite the following mantra slowly tapping the two sides of the forehead (5 times) with both fists together.

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Om
Shuklaambadherdharam vishnum
Shashivarnam chathurbhujam
Prasannavadanam dhyayet
Sarvavighna upashaantaye
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3. Praanaayaamaha

**Face east, continue to sit in aachamanam posture**

This step requires empty or near-empty stomach as it deals with yogic breathing or regulation of breath. Ironically the timings of Maadhyaahnikam and Brahma Yajnam at 12.00 PM before lunch adhere to it as well. Fold the index and the middle fingers. Press the right nostril with the thumb and the left with the ring and little fingers. There are three parts in this mantra. The first part is from ‘Om bhoohu’ to ‘Ogm satyam’. The next part is from ‘Om tat’ to ‘Prachodayat’ and the third part is from ‘Om-aapo’ to ‘Bhoor-bhuvas-suvarom’. Inhale through the left nostril reciting mentally, the first part of the mantra. Hold the breath during the second part and breathe out through the right nostril reciting the third part. This entire process is one
‘Praanaayaama’ or yogic breathing. If you cannot do this process, at least hold both nostrils and do not breathe while reciting the following mantra:

Om bhoohu om bhuvaha ogm suvaha om mahaha
Om janaha om tapaha ogm satyam
Om tat savitur varenyam bhargo devasya dheemahi
Dhiyo yo nah prachodayaat
Om aapo jyoteeraso-amrutam brahma
Bhoor-bhuvas-suvarom

Touch the right ear and say three times,

Om, Om, Om

4. Sankalpa

Indicates the determination to do an action (Brahma Yajnam) with the understanding that the Lord Parameshwara is the Phaladhata.

Face east, continue to sit in aachamanam posture

Keep the right palm inside the left palm and keep the palms on the right thigh and recite the following mantra:
Mamopaatta samasta-durita-kshaya-dvaaraa
Shree parameshvara preetyartham

*Pratha samidhadhanam karishye (in the evening say ‘Sayam’ instead of ‘Pratha’).*

After Sankalpam wash the palms (both sides) with water and chant,
Aapa upas prachya (touch water)

**Light the fire in Agni Kundam**

Chant,
Bhoorbavassu varom agnim pratishtaabhya

5. *Prarthanai - Keep the both hands in Anjali Mudra and pray to Agni Bhagavan*

**Face east**
Parithwagne parimrujami aayusha cha dhanena cha. Supraja: Prajaya bhooyasam suviero veeraihi, suvarchasaa: Varchasaa, suposha: Poshaihi, sugruho grihaihi, supathi: Pathyaa: Sumedhaa medhayaa subrahma brahmma charibihi. Om bhoorba vassuva:

Circumambulate the homa kundam, with water around the fire in a clockwise direction chating the following mantra:

- Atite anu manya swaha (South from bottom to up ) - Right
- Anumate anu manya swaha (South to North) - Down left to right)
- Saraswate anu manya swaha (Right - Left down to up)
- Deva savita prasuvaha (Circle water around the fire)

6. Homam Begins

Put each samithu or katta darbhai in the agni after saying swaha:

1. Agnaye samidham aahaarusham bruhathe jathavedhase yatha Twam agne samidha samidhyase evam maam aayusha varchasaa Sanyaa medhayaa prajaya parpasubi brahma varchasenaa Annadyenaa samedhayaa swaha aa

2. Edho osi edhusheemahi swaha aa

3. Samidhasi samedhisheemahi swaha aa

4. Tejosi thejomahi tehi swaha aa

5. Apo atyaa anwa charisham rasenaa samasruksh mahi payaswaan Agna aagamam tham ma sagum sruja varchasaa swaha aa

6. Tammagne varchasaa srujaa prajaya cha dhanena cha swaha aa

7. Vidyumne asya deva: indro vidyath saharshibi: swaha aa

8. Agnaye bruhathe nagaaya swaha aa

9. Dyaava prithivi bya gum swaha aa

10. Esha te agne samiththaya vardhaswach abhya yaswa cha Dhayahum vardhamana: bhooyasam abhyaaya manascha swaha aa
11. Yoma agne baginagum santham atha bagam chikeerushathi
Abagamagne tham kuru mamagne baginam guru swaha aa

12. Samithamathaya agne sarvavritho: bhuuyasagum swaha aa
- bhu swaha agnaya idam namama, bhuva swaha - vayava
Idannamama, suva swaha - suryaya idannamama

- Om bhoorba va suvaha swaha aa
- Prajaa pataya idannamama
- Atite anvamagum staa: (terkku from bottom to up right)
- Anumate anu manya staa: (terkku to vadakku left to right Down)
- Saraswate anu manya staa: (vadapuram from bottom to up Left)

Circumambulate the homa kundam, with water around the fire in a clockwise
direction chanting the following mantra:

- Deva savita praasaaveehi (circle around the fire)
Swaha - put one more samithu in the agni and stand up by
doing Upastaanam

7. Upastaanam

**Stand up and face east**

Twisting, locking both the hands into the other (the right hand over the left)
clasp both palams together. Now rotate the palms from inside (possible only
this way) and release the hand. Chant the mantra below performing the
action:

Agne upastanam karishye.

**Keep both hands in Anjali Mudra**
- Yaththe agne thejasthena aham thejaswi bhuyasam
- Yaththe agne varchastena aham varchaswi bhuyasam
- Yaththe agne harastena aham haraswi bhuyasam
- Mayi medhaam mayi prajaam mayi agni: thejo dhadhathu
- Mayi medhaam mayi prajaam mayi indraha indriyam dhadhathu
- Mayi medhaam, mayi prajaam mayyi soorya: bhrajo dhadhathu
- Agnaye namaha:

Mantra-heenam kriyaa-heenam bhakti-heenam janaardana
Yat krutam tu mayaa deva paripoornam tadastu te.

Praayashchittaani asheshani tabah karma aatma kaanivai,
Yaani tesaam asheshaaanaam shree krishna-anu-smaranam param,
Shree krishna krishna krishna

8. Do Abhivaadanam and Namaskaram (Prostrate) (Face east)

** Check with your family elders or priest on this.

Cover both ears with hands, slightly bow and chant:

Abhivaadaye (Tell your rishis) (Tell number) Risheya
* Triaarsheya (for 3 rishis) or
* Panchaarsheya (for 5 rishis)
(Tell your pravara) pravaraanvita
(Tell your Gothra) gothraha
(Tell your Suthra) suthraha
(Tell your Veda) adhyaayee
Shree (Tell your name) sharmaa naama aham asmi bhoho

An example of Abhivaadanam is,
Abhivaadaye Vaishwamitra, Agamarshana, Koushiga
Triaarsheya
Pravaraanvita
Kousiga gothraha
Aaapastamba sootraha
Yajuh-shaakhaaa-adhyaayee
Shree krishna sharmaa naama aham asmi bhoho

After this do Namaskaram (prostrate)

9. Raksha

Face east

Take the basmam (holy ash) from the agnikundam, keep the same in the left hand and touch the same with the right hand ring finger and Say)

Raksha mantram:

Maanastoke thanaye mana aayushi manogoshu maano ashweshu
Reerishaha, veeranmana: rudrabhamitho vadhee:, havishmanta: Namasa vidhemathe.

Apply the Raksha in the following parts of the body reciting the mantra:

1. Medhavi bhooyasam - Forehead
2. Thejaswi bhooyasam - Chest/heart
3. Varchaswi bhooyasam - Right shoulder
4. Brahma varshaswi bhooyasam - Left shoulder
5. Aayushman bhooyasam – Neck
6. Annadho bhooyasam - Back neck
7. Swasti - bhooyasam - Head

Clean both hands with water.

10. Prarthanai

Face east
**Chant with Anjali Mudra (fold hands together)**

Sradhham medhaam yacha pragyam vidhyam bhudhim sriyam balam
Aayushyam theja aarogyam dehi me havya vahana - sriyam dehi me
Havya vahana om nama ithi.
Kaayena vaacha manasaa inairvaa budhyaatma naabhaa prakrute
Svabhaavaat karomi yadyat sakalam parasmai narainaiti
Samarpayaami

Remove the Pavithram, unwind it, and put in on north side (left hand side)
and wash your hands (both sides) with water.

Pour one Uddharani (Aachamani or Spoonful) of water into the Theertha
Patram (Thamabalam or Plate) through your right palm while reciting the
mantra below.

Om tat sat brahmaarpanam-astu

**11. Do Aachamanam and Angavandanam as in Step 1 (Face east)**
1.5. **Owpasanam and Vaisvathevam (Nithya Karma – Gruhasta’s Only)**

Home is considered the fittest place to carry out daily rituals of sacrifice and offerings to the gods (e.g. "sandhyavandana arghyam", "agni-sandhanam or agni hothram") as well human charity and expiation called "Vaisvadevam".

By self or with help of priests/elders perform homams or rituals (e.g. Ganapathi Homam) using Agni (Fire). Offer food/charities to aththis (guests and poor), cows/birds/animals.
1.6. **Yajnopaveeta Dhaaranam**

**Summary Meaning:**

The reason for this ritual is as follows. The Kamoka Rishith japam is done as atonement, a prayascittam (atonement) for not having done the traditional utsarjana sankalpa earlier in the year. The sankalpa for the japam says this explicitly (‘adhya-utsarjana-akarana’). Just as upakarma is the formal recommencement of Vedic studies, the utsarjana is a sankalpa done to formally halt study of the Vedas and commence study of grammar, prosody, pronunciation, astronomy, etymology, etc., as well as other shastras, all of which are helpful in understanding the Vedas. The year was therefore divided into two, one half for studying the Vedas, the other half for studying the Vedangas or Vedic accessories.

The utsarjana has unfortunately fallen into disuse for quite a while, so what remains is the meagre prayascittam (atonement) for not having done it. Therefore, the important yajnopaveetam changing is for the upakarma.

This ritual needs to be performed during Avani Avittam or whenever we change our old yajnopaveetam with a new one. This is the part of the ceremony where the participants put on new ‘Sacred Thread’. The ‘Sacred Thread’ bestowed on them the necessary authority and also served as an external sign of having the required authority as well as competence to carry out the duties assigned to and expected of the Brahmins as prescribed in the scriptures, namely, the Srutis and the Smrtis. It was something similar to the uniform worn by the police officer or the gown worn by the lawyers in the present day, signifying both competence and authority. It also added to the personality of the Brahmin in the society. The wording of the Mantra is very clear and specific in denoting this: -

*Srautha Smartha vihita nithya karma anushtana yogyatha siddhyartham* – To have the competence and authority to perform the duties prescribed in the Scriptures, namely, the Vedas and Smrtis

*Brahmatejo abhivrthartham* - To enable the effulgence (one gets as a result of the Study of the Vedas and observance of the regimen prescribed in the Scriptures) to develop in me.
Yajnopaveeta dharanam karishye – I put on this (symbolic) upper garment. The old thread worn till then is discarded saying, “I discard hereby this worn-out, the decayed and despicable thing, (i.e. the old thread worn till then) but not the “effulgence in me nor the long life I aspire for”.

1. **Aachamanam and Angavandanam**

**Face east**

Clean the interior by sipping of water with mantra and clean the exterior by touching the various organs and reciting divine names. Sit with hands between hunched legs as shown in the picture below. Bend all the fingers except the thumb and the little finger to form space enough for an ‘Uddharani’ (Spoon) full of water. Take very small quantity of water in the palm and sip (as ‘Brahma Thirtha’) after each mantra. Sip the water from the palm each time uttering the following mantras:

1. Om achyutaaya namaha  
2. Om anantaaya namaha  
3. Om govindaaya namaha

Put little water on the base of thumb and wipe the mouth. Repeat this twice. Clean the palm.

**Continue to sit in Aachamanam posture and perform ‘Angavandanam’.**

Uttering the following six pairs of mantras, touch the various parts of the body with the respective fingers of the right hand, against each pair. Make sure the tip of the forefinger touches the thumb in the first mantra and the thumb touching the respective fingers while doing the remaining pairs.
- Touch with thumb both cheeks saying Keshava-Naaraayana

- Touch with ring finger both eyes saying Maadhava-Govinda

- Touch with the first/index finger both sides of nose saying Vishno-Madhusoodana

- Touch with little finger both ears saying Trivikrama-Vaamana

- Touch with the middle finger both shoulders saying Shreedhara-Hrusheeksha

- Touch with all fingers the belly button saying Padmanaabha
• Touch with all fingers the head saying Daamodara

Keep two katta darabhais under the folded legs or asanam by chanting:

**Darbesh Vaaseena:**

After this wash the palms (both sides) with water.

Wear the Pavithram (Katta Darabhai Ring made of two katta darbhais) in right hand ring finger by chanting:

**Pavitram Truthva**
Fold two katta darbhais and keep it around ring finger as seen in the pictures below by chanting: (do not hold the nose as seen in the picture, just wear it)

**Darbhaan Dhaaryamaana:**

![Image of hand gesture]

2. **Ganapathi/Vigneshwara Dhyaanam**

*Face east, continue to sit in aachamanam posture*

Pray to Lord Ganesha, who has a serene smile, white like a moon clad in white cloth to remove all obstacles. Recite the following mantra slowly tapping the two sides of the forehead (5 times) with both fists together.

```
Om
Shuklaambaradharam vishnum
Shashivarnam chathurbhujam
Prasannavadanam dhyaayet
Sarvavighna upashaantaye
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3. **Praanaayaamaha**

*Face east, continue to sit in aachamanam posture*

This step requires empty or near-empty stomach as it deals with yogic breathing or regulation of breath. Ironically the timings of *Maadhyaahnikam* and *Brahma Yajnam* at 12.00 PM before lunch adhere to it as well. Fold the index and the middle fingers. Press the right nostril with the thumb and the left with the ring and little fingers. There are three parts in this mantra. The first part is from ‘Om bhoohu’ to ‘Ogm satyam’. The next part is from ‘Om
tat’ to ‘Prachodayat’ and the third part is from ‘Om-aapo’ to ‘Bhoor-bhuvas-suvarom’. Inhale through the left nostril reciting mentally, the first part of the mantra. Hold the breath during the second part and breathe out through the right nostril reciting the third part. This entire process is one ‘Praanaayaama’ or yogic breathing. If you cannot do this process, at least hold both nostrils and do not breathe while reciting the following mantra:

Om bhoohu om bhuvaha ogm suvaha om mahaha
Om janaha om tapaha ogm satyam
Om tat savitur varenyam bhargo devasya dheemahi
Dhiyo yo nah prachodayaat
Om aapo jyoteeraso-amrutam brahma
Bhoor-bhuvas-suvarom

Touch the right ear and say three times,

Om, Om, Om

4. Sankalpaha

Indicates the determination to do an action (Yajnopaveeta Dhaaranam) with the understanding that the Lord Parameshwara is the Phaladhata.

Face east, continue to sit in aachamanam posture

Keep the right palm inside the left palm and keep the palms on the right thigh and recite the following mantra:
Mamopaatta samasta-durita-kshaya-dvaaraa
Shree parameshvara preetyartham

Shrauta smaarthta vihita nitya karmaanushthaana
Sadaachaara yogyatta siddhyartham
Brahmatejaho: Abi Vrudhyartam Yajnopaveeta dhaaranam karishye

After Sankalpam wash the palms (both sides) with water.

5. Chant

Face east, sit down

Touch the respective parts of the body written against each mantra.

Yajnopaveeta dhaarana mahaa-mantrasya parabrahma rishihi (Touch the forehead with fingers)
Trishtup chandaha (Touch below nose with fingers)
Paramaatmaa Devataa (Touch the middle of the chest with fingers)

Pray with folded hands,

Anjali Mudra (fold hands together)

Yajnopaveeta dhaarane viniyogaha
6. Mantra for wearing new Yajnopaveetam

Face east, sit down

Chant the mantra below holding the sacred thread (one by one) in the hand Brahma Mudhichu (Yajnopaveeta knot) in right hand (Inner side facing the sky), left hand inner side facing earth (bhoomi) with left pavitram (ring) finger in water in the pancha paatram.

Gruhasthas wearing 2 or 3 yajnopaveetams should perform this mantra separately for each sacred thread.

Chant,

Yajnopaveetam paramam pavitram
Prajaapatehe yat sahajam purastaat
Aayushyam agriyam pratimuncha shubhram
Yajnopaveetam balam astu tejaha

Chant, ‘Harihi Om’ and touch a little water while performing this for each separate Yajnopaveetam.

7. Do Achamanam and Angavandanam as in Step 1 (Face east)

8. Remove the old Yajnopaveetam (Face east)

Chant,

Upaveetam bhinnatantum jeernam kashmala dooshitam
Visrujaami jale brahma-varcho deerghaayurastu me

Put the old yajnopaveetam on the north (left hand) side.

Remove the two katta darbhais and put it on the north side (left hand side), which you kept between the pavithram.

Remove the Pavithram, unwind it, and put in on north side ((left hand side) and wash your hands (both sides) with water.
Pour one Uddharani (Aachamani or Spoonful) of water into the Theertha Patram (Thamabalam or Plate) through your right palm while reciting the mantra below.

Om tat sat brahmaarpanam-astu

9. Do Achamanam and Angavandanam as in Step 1 (*Face east*)
1.7. **Kamoka Rishith Japam (Not for Brahmachari’s doing first Avani Avittam/Upakarma)**

**Summary Meaning:**

The Brahmin first prays God that the time of doing whatever it may be should become holy and this he is sure is achieved by prayer to God. Then he tells when he is doing this japa, for example which year, which season, which day and so on. Then he says that this japa is being done as repentance for his not performing various religious duties during the year that he ought to have performed. The main mantra is a prayer to pardon the lapses which were due to Kama (passion) krodha (anger) and lopa (avarice). The repetition of the mantra is to remind the student that it is lust and anger that are the root cause of all sins and the need to be ever vigilant against becoming prey to temptation and losing one’s composure.
**Chant,**

Om Sri Guribhyo Namah Harihi Om

Om Gananaam Twa Ganapathigam Hawamahe Kavim Kavinam Upamasrava Stamam Jyeshtarajam Brahmanam Brhmanaspathaa Naha Sravann Ooti Bhiseetha Sadanam

Om Shri Maha Ganapathaye Namah

Vakra Tunda Mahaa Kayaa Soorya Koti Sama Pradha Nirvignam Kurume Devaa Sarva Karryeshu Sarvadaa Agajaanan Padmaargam Gajaananam Akalmitam Anekadnatam Bhaktaanaam Ekdadatnam Upaasmahe

1. **Aachamanam and Angavandanam**

**Face east**

Clean the interior by sipping of water with mantra and clean the exterior by touching the various organs and reciting divine names. Sit with hands between hunched legs as shown in the picture below. Bend all the fingers except the thumb and the little finger to form space enough for an ‘Uddharani’ (Spoon) full of water. Take very small quantity of water in the palm and sip (as ‘Brahma Thirtha’) after each mantra. Sip the water from the palm each time uttering the following mantras:

1. Om achyutaaya namaha
2. Om anantaaya namaha
3. Om govindaaya namaha

Put little water on the base of thumb and wipe the mouth. Repeat this twice. Clean the palm.

**Continue to sit in Aachamanam posture and perform ‘Angavandanam’.**
Uttering the following six pairs of mantras, touch the various parts of the body with the respective fingers of the right hand, against each pair. Make sure the tip of the forefinger touches the thumb in the first mantra and the thumb touching the respective fingers while doing the remaining pairs.

- Touch with thumb both cheeks saying Keshava-Naaraayana

- Touch with ring finger both eyes saying Maadhava-Govinda

- Touch with the first/index finger both sides of nose saying Vishno-Madhusoodana

- Touch with little finger both ears saying Trivikrama-Vaamana

- Touch with the middle finger both shoulders saying Shreedhara-Hrusheekesha
• Touch with all fingers the belly button saying Padmanaabha

- Touch with all fingers the head saying Daamodara

Keep two katta darabhais under the folded legs or asanam by chanting:

**Darbesh Vaaseena:**

After this wash the palms (both sides) with water.

Wear the Pavithram (Katta Darabhai Ring made of two katta darbhais) in right hand ring finger by chanting:

**Pavitrham Truthva**
Fold two katta darbhais and keep it around ring finger as seen in the pictures below by chanting: (do not hold the nose as seen in the picture, just wear it)

**Darbhaan Dhaaryamaanaa:**

2. Ganapathi/Vigneshwara Dhyaanam

*Face east, continue to sit in aachamanam posture*

Pray to Lord Ganesha, who has a serene smile, white like a moon clad in white cloth to remove all obstacles. Recite the following mantra slowly tapping the two sides of the forehead (5 times) with both fists together.

Om
Shuklaambaradharam vishnum
Shashivarnam chathurbhujam
Prasannavadanam dhyaayet
Sarvavigha upashaantaye

3. Praanaayaamaha

*Face east, continue to sit in aachamanam posture*

This step requires empty or near-empty stomach as it deals with yogic breathing or regulation of breath. Ironically the timings of *Maadhyaaahnikam* and *Brahma Yajnam* at 12.00 PM before lunch adhere to it as well. Fold the index and the middle fingers. Press the right nostril with the thumb and the left with the ring and little fingers. There are three parts in this mantra. The first part is from ‘Om bhoohu’ to ‘Ogm satyam’. The next part is from ‘Om tat’ to ‘Prachodayat’ and the third part is from ‘Om-aapo’ to ‘Bhoor-bhuvas-suvarom’. Inhale through the left nostril reciting mentally, the first part of
the mantra. Hold the breath during the second part and breathe out through the right nostril reciting the third part. This entire process is one ‘Praanaayaama’ or yogic breathing. If you cannot do this process, at least hold both nostrils and do not breathe while reciting the following mantra:

Om bhoohu om bhuvaha ogm suvaha om mahaha
Om janaha om tapaha ogm satyam
Om tat savitur varenyam bhargo devasya dheemahi
Dhiyo yo nah prachodayaat
Om aapo jyoteeraso-amrutam brahma
Bhoor-bhuvas-suvarom

Touch the right ear and say three times,

Om, Om, Om

4. Sankalpaha

Indicates the determination to do an action (Kamo Karsheet Japam) with the understanding that the Lord Parameshwara is the Phaladhata.

**Face east, continue to sit in aachamanam posture**

Keep the right palm inside the left palm and keep the palms on the right thigh and recite the following mantra:
The symbol ** in the manta below indicates based on the country, the date and time you do this Sankalpaha certain things change like star, month, day, etc. Please check with a qualified priest on the exact aspects of it. If you do not know replace it with "Suba" (means auspicious) e.g. sarvajit naama samvatsare will be "Suba Naama Samvatsare".

Mamopaatta samasta-durita-kshaya-dvaaraa
Shree parameshvara preetyartham

Thatheva lagnam sudhinam thadaiva
Tharaabalam chandrabalam thadaivaa
Vidhyaabalam daivabalam thathevaa
Sri lakshipathe angriyugam smaraami - apavithra pavithrovaa sarvaa vasthaam
Gathopivaa - yasmareth pundareekaakshham - sabaahya abhyanthara
Suchihi
Maanasam vaachikam paapam - karmanaam samupaarjitham - sri rama Smaranenaiva vyapohathi na-sam sasayaha
Sri rama, rama rama - thithir vishnu - thathaa varah nakshatram
Vishnurevacha yugascha karanam chaiva sarvam vishnu mayam jagath
Sri govinda, govinda, govinda
Adhya sri bagavathaha
Maha purushasya
Vishnoh aagnaya
Pravarthamaanasya
Shubhe dine shobhane muhoorthe
Adya brahmanaha
Dwitheeya parardhe
Swetha varaaha kalpe
Vivaswatha manwanthare
Ashtaavigum sathi thame
Kaliyuge
Prathame paadhe
Jumboo dweepe
Bhaaratha varshe
Bharatha kande
Meroho: dakshine paarshwe dandahaaranye shaalivahana sakaabde
asminnu varthamane
Vyaava haarike
Prabavaadheenam shashtya
Samvatsaraanam madhye
**----- naama samvatsare
**dakshinaayane
**----- rithow
**----- mase
**----- pakshe
**----Paurnimaasyaam
Subhathithow vaasaraha
**---- vaasara yukthaayaam
**----- nakshatra ukthaayaam
Sreee vishnu yoga sri vishnu karana subayoga
Subakarana
Evam guna sakala viseshana visishtayaam
Asyaam varthamanaaayaam
PouriniaASYaam subhathithow mamo pakta samsta durita kshya dwaara
Sreee parameshwara preetyartham

**Please repeat the following two times.**

Thaishyam pouravaasyam adhyaaya utsarjana akarana
Praayaschitharham, Ashtothara sahasra sangyaya (1008)
Kamokarsheeth manura kaarsheeth iti maha mantra
Japam adhya karishye

Remove the two dharbhas and put it on the north side (left hand side) ,
which you kept between the Pavithram.

After this wash the palms (both sides) with water.

5. **Do Praanaayaamaha as in Step 3 - 10 times (Sit down and face east)**

6. **Do Kamo Karsheet Japam (Sit down and face east)**

Chant the mantra 1008 times. Take care that the mantra is not heard to any
one and if possible without the lips moving. Chant the mantra mentally –
count using only hands covered with angavastram.

The hands with both palms joined (like you give Arghyam so that the palms
are not completely joined and you can count). The traditional method of
counting uses both the palms. Hold the palm together sideways in front of
your face during morning (see the pictures). There are three sets of lines on
all the fingers except the thumb. Begin counting, using the right thumb,
the middle line on the ring finger. Move the thumb down to the bottom line of the same finger, then to the bottom line of the little finger and then move the thumb upwards on to the middle and top lines on the same finger and then along the top lines of the ring, middle and forefingers, and then finally move down on to the middle and bottom lines of the forefinger, all in a clockwise direction to complete ten counts of the mantra japa. Now return to the middle line of the ring finger from where the counting started, in anti clockwise direction in the same manner thus completing the next ten counts. Keep repeating this process till the desired number of counts is completed.

“Kamo karsheeth manyurakarsheeth namo namaha”

7. Do Praanaayaamaha as in Step 3 (Sit down and face east)

Chant:

“Kama manyu upastham karishye”

Remove the Pavithram, unwind it, and put in on north side (left hand side) and wash your hands (both sides) with water.

8. Do Aachamanam and Angavandanam as in Step 1 (Face east)

Pour one Uddharani (Aachamani or Spoonful) of water into the Theertha Patram (Thamabalam or Plate) through your right palm while reciting the mantra below.

Om tat sat brahmaarpanam-astu
1.8. **Kshowaram/Vapanam and Snanam (Brahmachari’s Only)**

Brahmacharis are supposed to have a hair cut now and do a snanam (head bath)
1.9. Sandhya Vandanam (Nithya Karma - Madhyanikam)

Perform a madhyahnika snanam if one is accustomed.

Summary Meaning:

Sandhya Vandanam literally means either “Salutation to the goddess of Dawn and dusk” or “the prayers done during dawn and dusk.” Hindus considered the period just before dawn and just after dusk as well as the exact period of noon, as extremely suitable for meditation. All Brahmins after Upanayanam (prescribed to be done at the age of seven), were required to do these prayers without fail. Essentially these prayers are offering oblations to the devas (arghya pradanam), doing breathing exercises (pranayamam) and then meditating on Gayathri by hanting the king of all mantras “Gayathri”. This mantra is taught to very boy by his own father during the ceremony of brahmopadesam. After learning Gayathri every boy is supposed to have taken a second birth and is entitled to be called “Dwija” (born twice).

Our scriptures attach lot of importance to Sandhya vandanam. They prescribe that a ‘Dwija’ (twice born after Upanayanam) should do it without fail every day. They also say that the knowledgeable Brahmin who salutes the Sun god daily thrice would attain whatever he wants. They further say that one who does not do sandhyavandanam is a sinner and is not eligible for any Vedic duties.

During Praatah-Sandhyaam, Shri Gayathri (Samashti Svaroopini) will be worshipped as Shri Savithri - Rudra (Siva) Svaroopini as shown below.
Part I - Arghya Pradaanam

1. Aachamanam and Angavandanam

**Face east**

Clean the interior by sipping of water with mantra and clean the exterior by touching the various organs and reciting divine names. Sit with hands between hunched legs as shown in the picture below. Bend all the fingers except the thumb and the little finger to form space enough for an ‘Uddharani’ (Spoon) full of water. Take very small quantity of water in the palm and sip (as ‘Brahma Thirtha’) after each mantra. Sip the water from the palm each time uttering the following mantras:

1. Om achyutaaya namaha
2. Om anantaaya namaha
3. Om govindaaya namaha

Put little water on the base of thumb and wipe the mouth. Repeat this twice. Clean the palm. 

**Continue to sit in Aachamanam posture and perform ‘Angavandanam’**.

Uttering the following six pairs of mantras, touch the various parts of the body with the respective fingers of the right hand, against each pair. Make sure the tip of the forefinger touches the thumb in the first mantra and the thumb touching the respective fingers while doing the remaining pairs.

- Touch with thumb both cheeks saying Keshava-Naaraayana
• Touch with ring finger both eyes saying Maadhava-Govinda

• Touch with the first/index finger both sides of nose saying Vishno-Madhusoodana

• Touch with little finger both ears saying Trivikrama-Vaamana

• Touch with the middle finger both shoulders saying Shreedhara-Hrusheekesha

• Touch with all fingers the belly button saying Padmanaabha

• Touch with all fingers the head saying Daamodara

Wear the Pavithram (Katta Darabhai Ring made of two katta darbhais) in right hand ring finger by chanting “Pavitrham Truthva”
2. Ganapathi/Vigneshwara Dhyaanam

*Face east, continue to sit in aachamanam posture*

Pray to Lord Ganesha, who has a serene smile, white like a moon clad in white cloth to remove all obstacles. Recite the following mantra slowly tapping the two sides of the forehead (5 times) with both fists together.

Om  
Shuklaambaradharam vishnum  
Shashivarnam chathurbhujam  
Prasannavadanam dhyaayet  
Sarvavighna upashaantaye

3. Praanaayaamaha

*Face east, continue to sit in aachamanam posture*

This step requires empty or near-empty stomach as it deals with yogic breathing or regulation of breath. Ironically the timings of Sandhya vandanam adhere to it as well, *Pratah Sandhya* at 6.00 AM before breakfast, *Maadhyahnikam* at 12.00 PM before lunch, and *Saayam-Sandhyaam* at 6.00 PM before dinner. Fold the index and the middle fingers. Press the right nostril with the thumb and the left with the ring and little fingers. There are three parts in this mantra. The first part is from ‘Om bhoohu’ to ‘Ogm satyam’. The next part is from ‘Om tat’ to ‘Prachodayat’ and the third part is from ‘Om-aapo’ to ‘Bhoor-bhuvas-suvarom’. Inhale through the left nostril reciting mentally, the first part of the mantra. Hold the breath during the second part and breathe out through the right nostril reciting the third part. This entire process is one ‘Praanaayaama’ or yogic breathing. If you cannot do this process, at least hold both nostrils and do not breathe while reciting the following mantra:
Om bhoohu om bhuvaaha ogm suvaha om mahaha
Om janaha om tapaha ogm satyam
Om tat savitur varenyam bhargo devasya dheimahi
Dhiyo yo nah prachodayaat
Om aapo jyoteeraso-amrutam brahma
Bhoor-bhuvas-suvarom

Touch the right ear and say three times,

Om, Om, Om

4. Sankalpaha

Indicates the determination to do an action (Sandhyavandanam) with the understanding that the Lord Parameshwara is the Phaladhata.

Face east, continue to sit in aachamanam posture

Keep the right palm inside the left palm and keep the palms on the right thigh and recite the following mantra:

Mamopaatta samasta-durita-kshaya-dvaaraa
Shree parameshvara preetyartham

Noon (Maadhyaahnikam) - Tell “Maadhyaahnikam karishye”

After Sankalpam wash the right palm with water. (Pour one Uddharani or Aachamani or Spoonful of water into the Theertha Patram or Thamabalam or Plate through your right palm)
5. Maarjanam (Prokshana Mantra)

Sprinkling of water. Prayer for the purification of the body and mind.

**Face east, continue to sit in aachamanam posture**

Take water in the ‘Uddharani’, immerse the ring finger in the water of the ‘Uddharani’, write ‘OM’ in water with the ring finger and apply it in the space between the eyebrows with the water (‘Tilak’) while reciting the following mantra:

\[ \text{‘Om shree keshavaaya namaha’} \]

Recite the following ten mantras. While reciting the first seven sprinkle water on the head, while reciting the eighth touch the knees or thighs, ninth again sprinkle on the head and complete by reciting the tenth with take little water on your right palm and rotate the palm around the head to sprinkle water around body in clockwise direction like ‘Pradakshinam’. 
Om
Aapo hi shtaa mayo-bhuvaha (1)
Taa na oorje dadhaatana (2)
Mahe ranaaya chakshase (3)
Yo vah-shivatamo rasaha (4)
Tasya bhaajayateha naha (5)
Ushatheeriva maataraha (6)
Tasmaa arangamaama vaha (7)

Yasya kshayaaya jinvatha (8) **Touch both knees**

Aapo janayathaa cha naha (9)

Om bhoor-bhuvah-suva(ha (10) **Do Prokshanam**

6. Apaam Praashanam

Sipping water with Mantra – Prayer for removal of sins committed in the previous part of the day.

*Face east, continue to sit in aachamanam posture*

Take in the hand small quantity of water in the palm (just sufficient to immerse one grain) and recite the following mantra. After reciting the mantras drink the water.

*Noon (Maadhyaahnikam)*
Aapah punantu pruthiveem pruthivee Pootaa punaatu maam
Punantu brahmanaspatihi brahma Poota punaatu maam
Yad-uchchisthtam-abhoyjam Yadvaas dushcharitam mama
Sarvam punantu maam-aapo(a)sattam cha Pratigraha-gg-svaahaa

7. Do Aachamanam and Angavandanam as in Step 1 (Face east)

8. Punar-Maarjanam (Punah-prokshana mantra)

Sprinkle water again. Pray for face and other organs to be fragrant and for longer life.

**Face east, continue to sit in aachamanam posture**

Recite the following fourteen mantras. While reciting the first eleven-sprinkle water on the head, while reciting the twelfth touch the knees/thighs, thirteen again sprinkle on the head and complete by reciting the fourteenth with take little water on your right palm, rotate and sprinkle around your head in clockwise direction like ‘Pradakshinam’.

![Illustration](image_url)
Dadhikraavinno akaarisham (1)
Jishnor-ashwasya vajinaha (2)
Surabhino mukha karatu (3)
Prana aayoo-g-mshi taarishatu (4)

Om
Aapo hi shtaa mayo-bhuuvaha (1)
Taa na oorje dadhaatana (2)
Mahe ranaaya chakshase (3)
Yo vah-shivatamo rasaha (4)
Tasya bhaajayateha naha (5)
Ushatheeriva maataraha (6)
Tasmaa arangamaama vaha (7)

Yasya kshayaaya jinvatha (8) **Touch both knees**
Aapo janayathaa cha naha (9)

Om bhoor-bhuva-suvaha (10) **Do Prokshanam**

**9. Arghya Pradaanam**

**Offering of water - Very important aspect of Sandhya Vandanam worship.** Water poured turns into a ‘Vajrayudha’ (very powerful weapon) and fights laziness which obscures Divine Knowledge. Vedas extols the importance of arghyam and also its time of offering. The Arghyam is to be offered (as Deva Thirtha - Water poured down through the tip of the fingers except the thumb) before sunrise in the morning, before crossing the zenith in the noon and before sunset in the evening. Use large quantities of water for arghyam.

**Stand up and face east**
Arghya Pradhana Manthrasya Vishwamitra Rishihi (Touch the forehead with fingers),
Gayatri Chandaha (Touch below nose with fingers)
Savitha Devatha Arghya Pradhanae Viniyogaha (Touch the middle of the chest with fingers)

Standing up, join both hands together, hold your breath and Panchapatram in left hand between thumb and forefinger and pour hands full of water, taking care not to join thumb with other fingers in the hand, stand up high on the toes with heels in the air and hands stretched out and opposite to the face (see pictures below), repeat the following mantra and pour water twice at noon:

Om bhoor-bhuvah-suvaha
Tat savitur-varenyam bhargo devasya dheemahi
Dhiyo yo nah prachodayaat

10. Do Praanaayaamaha as in Step 3 (Stand up and face east)

11. Praayaschitta Arghyam

Stand up and face east

Keep the right palm inside the left palm and keep the palms on the right thigh and recite the following mantra:
Kaalaateeta praayashchittaartham
Arghyapraadanam karishye

After Sankalpam wash the right palm with water. (Pour one Uddharani or Aachamani or Spoonful of water into the Theertha Patram or Thamabalam or Plate through your right palm)

Then offer one more Arghyam in a similar fashion as above in Step 9. This is a Praayashchitta (atonement) for doing the Arghya Pradaanam late by reciting the following mantra:

Om bhoor-bhuvah-suvah
Tat savitur-varyayam bhargo devasya dheemahi
Dhiyo yo nah prachodayaat

12. Athma Pradakshanam or Athma Parishechanam

Purification of Athma.

Stand up and face east
Take small quantity of water in the right hand, rotate and sprinkle it above one's own head saying:

Om bhoor-bhuvah-suvaha

13. Do Praanaayaamaha as in Step 3 (Stand up and face east)

14. Aikyaanusandhaanam

This step is very important and is the life line of Sandhya Vandanam. It identifies the self with the Supreme Being. Touch the chest with all the 10 fingers of both hands and recite the following mantra. Do not rush up! Spend a minute or two on this meditation with closed eyes.

Stand up and face east

With both hands touch the middle of the chest. Close the eyes meditate and recite:

Asaavaadityo brahma
Brahmaiva-sathyam
Brahamaiva-aham-asmi

15. Do Achamanam and Angavandanam as in Step 1 (Face east)

16. Navagraha-Deva Tarpanam

Offering of water to please the devas – use as much water as possible! – Thus regular practice of Sandhya Vandanam obviates the need to do special homas etc. to ward of problems (Kanchi MahaSwamigal in Deivathin Kural).

Sit down (or in Achamanam posture) and face east
Hold Panchapatram in left hand between thumb and forefinger and pour hands full of water. Take care to take water separately each time. Do not join thumb with other fingers.

Aadityam tarpayaami
Somam tarpayaami
Angaarakam tarpayaami
Budham tarpayaami
Bruhaspatim tarpayaami
Shukram tarpayaami
Shanaishcharam tarpayaami
Raahum tarpayaami
Ketum tarpayaami
Keshavam tarpayaami
Naraayanam tarpayaami
Maadhavam tarpayaami
Govindam tarpayaami
Vishnum tarpayaami
Madhusoodanam tarpayaami
Trivikramam tarpayaami
Vaamanam tarpayaami
Shreedharam tarpayaami
Hrusheekesham tarpayaami
Padmanaabham tarpayaami
Daamodharam tarpayaami

17. Do Achamanam and Angavandanam as in Step 1 (Face east)

Pour one Uddharani (Aachamani or Spoonful) of water into the Theertha Patram (Thamabalam or Plate) through your right palm while reciting the mantra below.

Mayaa krtam idam sarvam karma
Om tat sat brahmaarpanam-astu

This ends the first part of Sandhya Vandanam.
Part II - Japam

 noodles (noon) (noon)

Sit down straight in the Padmasana pose (sit cross-legged and pull both feet onto the opposite thigh), sitting on a mat or wooden plank placed on the floor.

1. Japa Sthala Prokshanam

Sit down and face east

Sprinkle water on the place where you propose to do japa by reciting the following mantra.

Om bhoor-bhuvah-suvaha

2. Do Ganapathi/Vigneshwara Dhyaanam as in Part I - Step 2 (Sit down and face east)

3. Do Praanaayaamaha as in Part I - Step 3 (Sit down and face east)

4. Japa Sankalpaha

Sit down and face east

Keep the right palm inside the left palm and keep the palms on the right thigh and recite the following mantra:
Mamopaatta samasta durita kshaya dvaara
Shree parameshwara preethyartham

_Noon (Maadhyaahnikam) - “Maadhyaahnika -gaayatree mahaa mantra-japam karishye”_

After Sankalpam wash the right palm with water. (Pour one Uddharani or Aachamani or Spoonful of water into the Theertha Patram or Thamabalam or Plate through your right palm)

5. Pranava Japam

Each and every mantra in the Vedas has a Rishi, who has seen it, a meter (chandas) and a devata who is invoked by the mantra. Mantras are more effective if these are remembered before reciting it. By touching the head you mentally bow to the rishi who has seen it, touch the upper lip/nose to signify the meter and the chest to meditate on the devata.

_Sit down and face east_

Pranavasya Rishih-brahmaa (Touch the forehead with fingers)
Devee Gaayatree chandaha (Touch below the nose with fingers)
Paramaatmaa devataaa (Touch the middle of the chest with fingers)

_Touch the forehead with fingers and recite,_

Bhooraadi saptavyahrteenaa Atri bhrugu kutsa vasishtha gautama
Kaashyapa aangirasa rishayahaha

_Touch below the nose with fingers and recite,_

Gaayatree ushnig anushtup bruhattee Pankti trishtup jagatyah chandaamsi

_Touch the middle of the chest with fingers and recite,_

Agni vaayu arka vaageesha varuna Indra vishvedevaa devataaha
Savitryaa rishih vishvaamitraaha (Touch the forehead with fingers)
Devi-gaayatree chandaha (Touch below the nose with fingers)
Savitaa devataaa (Touch the middle of the chest with fingers)
6. Do Praanaayaamaha as in Part I - Step 3 (*10 times*) (*Sit down and face east*)

7. Gaayatree Aavaahanam

Prayer to Gayathri Devi to occupy the lotus of the individual’s heart.

*Sit down and face east*

![Aayaatu Itya-nuvaakasya vaamadeva rishihi (Touch the forehead with fingers)](image)

Anushtup chandaha (Touch below the nose with fingers)
Gaayatree devataa (Touch the middle of the chest with fingers)

*Anjali Mudra (fold hands together)*

![Ayaatu varadaa devee](image)

Aksharam brahma-sammitam
Gayatreem chandasaam maatedam
Brahma jushasva naha

Ojo’si saho’si balamasi bhraajo’si
Devaanaam dhaama naamaasi
Vishvamasi vishvaayuhu
Sarvamasi sarvaayuhu

While reciting the last three mantras, after ‘Aavaahayaami’, keep both the palms together (*‘Avahana Mudra’) and then slowly take the fingers towards oneself towards the chest, and bring it back to original position after each rotation.
Abhi bhoorom,
Gaayatreem aavaahayaami,
Saavitreem aavaahayaami,
Sarasvateem aavaahayaami

8. Gaayatree Nyaasaha

_Sit down and face east_

Savithryaa rishih vishvaamitraha (Touch the forehead with fingers),
Nichrut-gaayatree chandaha (Touch below the nose with fingers),
Savitaa devataa (Touch the middle of the chest with fingers),
Jape Viniyogaha

9. Gaayatree Japam

_Central theme of the Sandhya Vandanam worship._ The very elaborate preamble indicates the importance of the purification of both the mind and the body as a precondition to do the Japa. Casual chanting of Gayathri is to be avoided at all costs.

_Stand up and face east_

Chant Gayathri mantra at least 32 _times at noon_. Take care that the mantra is not heard to any one and if possible without the lips moving. Chant the mantra mentally – count using only hands covered with angavastram.

The hands with both palms joined (like you give Arghyam so that the palms are not completely joined and you can count). The traditional method of counting uses both the palms. _Hold the palm together sideways in front of your chest during noon_ (see the pictures). There are three sets of lines on all the fingers except the thumb. Begin counting, using the right thumb, from the middle line on the ring finger. Move the thumb down to the bottom line of the same finger, then to the bottom line of the little finger and then move the thumb upwards on to the middle and top lines on the same finger and then along the top lines of the ring, middle and forefingers, and then finally move down on to the middle and bottom lines of the forefinger, all in a clockwise direction to complete ten counts of the Gayathri mantra japa. Now return to the middle line of the ring finger from where the counting started, in anti clock wise direction in the same manner thus completing the next ten
counts. Keep repeating this process till the desired number of counts is completed.

"Om bhoor-buvah-suvaaha
Ttat savitur-varenyam
Bhargo devasya dheemahi
Dhiyo yo nah prachodayaat"

10. Do Praanaayaamaha as in Part I - Step 3 *(Stand up and face east)*

11. Gaayatree Upasthaanam

Request Gayathri Devi to return to her abode.

*Stand up, face east and chant with Anjali Mudra (fold hands together)*

‘Maadhyaahnika-gayatree-upasthaanam karishye’

Bend down and touch the ground with the ring finger and then the forehead in the middle area of the eyebrows chanting the mantra below:
Uttame shikhare devi
Bhoomyaam parvata moordhani
Braahmanebhyo hyanujnaanam
Gachcha devi yathaa-sukham

12. Surya Upasthanam

Send off of the Sun God.

**Stand up, face east and chant with Anjali Mudra (fold hands together)**

**During Noon (Maadhyaahnikam)**

![Image](image1.png)

Aa satyena rajasaa vartamaano niveshayann-amrutam Martyan-cha
Hiranyayena savitaa rathenaa devo yaati bhuvanaa vipashyan
Udvayam tamaspri pashyanto jyotir-utttram
Devam devatraa sooryam-aganma jyotir-uttamam
Udutyam jaatavedasam devam vahanti ketavaha
Drushe vishvaaya sooryam
Chitram devaanam-udagaadaneekam chakshur-mitrasya varunasya-agnehe
Aa-apraa dyaavaa-pruthivee antarikshagm soorya aatmaa jaagatas-
tasthushashcha
Tat-chakshur-devahitam purastaat-shukra-muchcharat

Facing east, chant the following mantra and see the sun through the gap created by locking up both the hands as shown in the pictures below.

![Image](image2.png)

![Image](image3.png)
Pashyema sharadash-shatam
Jeevema sharadash-shatam
Nandaama sharadash-shatam
Modaama sharadash-shatam
Bhavaama sharadash-shatam
Shrunavaama sharadash-shatam
Prabravaama sharadash-shatam
Ajeetaasyama sharadash-shatam
Jyok cha sooryam drushe
Ya udagaan-mahatornavaad-vibhraajamaanas-sarirasya madhyaat
Sa maa vrushabhaha lohitaakshaha sooryo vipashchin-manasaa punaatu

13. Samashti Abhivaadanam

Sins committed out of ignorance under the compulsion of desire or anger may please be forgiven.

**Stand up, face east**

Stand up, starting from east (during Maadhyaahnikam), where the Gayatri japam was done, after each mantra turn 90 degrees to the right.

**Chant with Anjali Mudra (fold hands together)**

Sandhyaayai namaha (Face East)
Saavitryai namaha (Face South)
Gaayatryai namaha (Face West)
Sarasvatyai namaha (Face North)

**Chant with Anjali Mudra (fold hands together) facing the east**

Sarvaabhyo devataabhyo namaha

Kaamo-akaarsheen-manyur-akaarsheen namo namah
14. Do Abhivaadanam and Namaskaram (Prostrate) *(Face east)*

**Check with your family elders or priest on this.**

Cover both ears with hands, slightly bow and chant:

Abhivaadaye (Tell your rishis) (Tell number) Risheya
* Triaarsheya (for 3 rishis) or
* Panchaarsheya (for 5 rishis)
(Tell your pravara) pravaraanvita
(Tell your Gothra) gothraha
(Tell your Suthra) suthraha
(Tell your Veda) adhyaayee
Shree (Tell your name) sharmaa naama aham asmi bhoho

**An example of Abhivaadanam is,**

Abhivaadaye Vaishwamitra, Agamarshana, Koushiga
Triaarsheya
Pravaraanvita
Kousiga gothraha
Aapastamba sootraha
Yajuh-shaakhaaa-adhyaayee
Shree krishna sharmaa naama aham asmi bhoho

*After this do Namaskaram (prostrate)*

15. Dig-Devaataa-Vandanam

Salutations to all directions.

*Stand up, face east and chant with Anjali Mudra (fold hands together)*
Chant the following mantras with folded hands offer salutations to the different directions facing that direction:

![Mantra Image]

Praachyai dishe namaha (Face East)
Dakshinaayai dishe namaha (Face South)
Prateechyai dishe namaha (Face West)
Udeechyai dishe namaha (Face North)

**Stand up, face east and continue chanting with Anjali Mudra (fold hands together)**

Oordhvaaya namaha (Pray with folded hands together and point above, sky)
Adharaaaya namaha (Pray with folded hands together and point below, earth)
Antarikshaaya namaha (Pray with folded hands together and point above, sky)
Bhoomyai namaha (Pray with folded hands together and point above, earth)
Brahmane namaha (Pray with folded hands together and point above, sky)
Vishnave namaha (Pray with folded hands together and point above, earth)
Yamaaya namaha (Pray with folded hands together)

**16. Yama Vandanam**

Salutations to Lord Yama.

**Stand up, face south and pray with Anjali Mudra (fold hands together)**

![Mantra Image]

Yamaaya dharma-raajaaya
Mrutyave cha-anthakaaya cha
Vaivasvataaya kaalaaya
Sarvabhootha-kshayaaya cha
Audumbaraaya dhadhaaaya
Neelaaya parameshthine
Vrukodaraaya chitraaya chitraguptaaya vai namaha
Chitraguptaaya vai nama om namah iti
17. Harihara/Ardhanari/Parabrahma Vandanam

Salutations to Lord Harihara or Ardhanari or Parabrahma.

*Stand up, face west and pray with Anjali Mudra (fold hands together)*

![Anjali Mudra Image]

Ruthagm satyam param brahma
Purusham Krishna-pingalam
Oordhvaretam viroopaaksham
Vishvaroopaaaya vai namo namaha
Vishvaroopaya vai nama om nama iti

18. Sarpa Raksha Mantram

Recite in the direction of river Narmada. Snakes gave a solemn promise to Rishi Astikar that they will not do harm to anyone who recite the following prayer.

*Stand up, face north and pray with Anjali Mudra (fold hands together)*

![Anjali Mudra Image]

Narmadayai Nama-Prathaha
Narmadayai namo nisi
Namosthu narmadhe thubhyam
Trahi maam visha sarpathaha
Jarah karor
Jarah karvaam
Samuthpanno maha yacha
Aasthika Sathya santho maam
Pannagebhyo abhi rakshathu.
Apa sarpa sarpa bhadram the
Dooram gacha maha yacha
Janamejayasya yagnanthe
Aasthika vachanam smaran
19. Soorya Narayana Vandanam

This sloka permeates a highest sense of total surrender to the Lord – expected to stimulate a similar sense in the person who chants it.

**Stand up, face east and pray with Anjali Mudra (fold hands together)**

![Anjali Mudra Image]

Namah savithre jagad-eka chakshushe
Jagatprasoothi-sthiti-naashahetave
Trayeemayaaya trigunaatmadhaarine
Virinchinaarayana shankaraatmane
Dhyeyah sadaa savitru mandala
Madhyavartee naaraayanaha
Sarasijaasana sannivishtaha
Keyooravaan makarakundalavaan
Kireetee-haarre hiranmaya-vapuhu
Druta shanka chakrah
Shanka chakra gadaa-paane dvaarakaa-nilayaachyuta
Govinda pundareekaaksha raksha maam sharanaagatham
Raksha maam sharanaagatham om na iti

Aakaashaat patitam toyam yathaa gachchati saagaram
Sarvadeva namaskaaraha keshavam pratigachcathi
Shree keshavam pratigachchatyom na iti

![Soorya Narayana Image]

**Do Namaskaram (prostrate).**

20. Do Abhyaadanam and Namaskaram as in Part II - Step 14. (Face east)

21. Do Aachamanam and Angavandanam as in Part I - Step 1 (Face east)
22. Samarpanam

Give away all the actions to the lord.

**Continue to sit in Aachamanam posture facing east**

Take an Uddharani (Aachamani or Spoonful) of water, pour it on the ground through your right palm and then recite the following mantra:

**Chant with Anjali Mudra (fold hands together)**

Kaayena vaachaa manas-endriyairvaa  
Buddhyaa-aatmanaa vaa prakruteh svabhaavaat  
Karomi yadyat sakalam parasmai naaraayanaayeti samarpayaami

Mantra-heenam kriya-heenam bhakti-heenam janaardana  
Yat krutam tu mayaa deva paripoornam tadastu te

Praayashchittaani asheshaani tabah karma atma kaanivai,  
Yaani teshaaam asheshaanaaam shree krishna-anu-smaranam param,  
Shree krishna krishna krishna

Pour one Uddharani (Aachamani or Spoonful) of water into the Theertha Patram (Thamabalam or Plate) through your right palm while reciting the mantra below.

Om tat sat brahmaarpanam-astu

23. Raksha

Protective Shield.

**Continue to sit in Aachamanam posture facing east**

Take small quantity of water in the right hand, rotate and sprinkle it above ones own head (Prokshnam) saying:
Adyaa no deva savitaha prajaavatsaaveehi saubhagam
Paraa dushvapniyagm-suva
Vishvaani deva savitaha duritaani paraasuva
Yad bhadram tanma aasuva

Then touch the ground with ring finger and place it in the forehead.

Remove the Pavithram, unwind it, and put it on north side (left hand side) and wash your hands (both sides) with water.

24. Do Aachamanam and Angavandanam as in Part I - Step 1 (Face east)

Pour one Uddharani (Aachamani or Spoonful) of water into the Theertha Patram (Thamabalam or Plate) through your right palm while reciting each mantra below.

Om Shree Gayathriye Namaha
Om Shree Sandhyayae Namaha
Om Shree Krishnarpanamasthu
1.10. **Brahma Yajnam (Nithya Karma)**

**Summary Meaning:**

Brahma Yajnam (sacrifice to Brahma) is the oblation offered to satisfy Devas, Rishis (sages) and Pithrus (ancestors). It is supposed to be performed daily after Madhyannikam, but nowadays it is done mainly on Avani Avittam days.

Learning and teaching the scriptures is Brahma Yajna. ("Adhyayanam ca Adhyapanam Brahma Yajnam uchyate"). Unfortunately, it has become a rite done only in a vestigial form now. But in early days the Brahmins were engaged both in learning and teaching the scriptures. Hence the reciting the first line of each of the four Vedas as token of having started the study is also to remind him of the obligation to teach the same to others in the society. This is followed by a solemn resolve to do only those actions that is noble and great.
1. Aachamanam and Angavandanam

**Face east**

Clean the interior by sipping of water with mantra and clean the exterior by touching the various organs and reciting divine names. Sit with hands between hunched legs as shown in the picture below. Bend all the fingers except the thumb and the little finger to form space enough for an ‘Uddharani’ (Spoon) full of water. Take very small quantity of water in the palm and sip (as ‘Brahma Thirtha’) after each mantra. Sip the water from the palm each time uttering the following mantras:

1. Om achyutaaya namaha
2. Om anantaaya namaha
3. Om govindaaya namaha

Put little water on the base of thumb and wipe the mouth. Repeat this twice. Clean the palm.

**Continue to sit in Aachamanam posture and perform ‘Angavandanam’.**

Uttering the following six pairs of mantras, touch the various parts of the body with the respective fingers of the right hand, against each pair. Make sure the tip of the forefinger touches the thumb in the first mantra and the thumb touching the respective fingers while doing the remaining pairs.
- Touch with thumb both cheeks saying Keshava-Naaraayana

- Touch with ring finger both eyes saying Maadhava-Govinda

- Touch with the first/index finger both sides of nose saying Vishno-Madhusoodana

- Touch with little finger both ears saying Trivikrama-Vaamana

- Touch with the middle finger both shoulders saying Shreedhara-Hrusheekesa

- Touch with all fingers the belly button saying Padmanaabha
· Touch with all fingers the head saying Daamodara

Wear the Pavithram (Katta Darabhai Ring made of two katta darbhais) in right hand ring finger by chanting “Pavitrham Truthva”

2. Ganapathi/Vigneshwara Dhyaanam

**Face east, Continue to sit in aachamanam posture**

Pray to Lord Ganesha, who has a serene smile, white like a moon clad in white cloth to remove all obstacles. Recite the following mantra slowly tapping the two sides of the forehead (5 times) with both fists together.

Om
Shuklaambaradharam vishnum
Shashivarnam chathurbhujam
Prasannavadanam dhyaayet
Sarvavignahna upashaantaye

3. Praanaayaamaha

**Face east, Continue to sit in aachamanam posture**

This step requires empty or near-empty stomach as it deals with yogic breathing or regulation of breath. Ironically the timings of *Maadhyaahnikam* and *Brahma Yajnam* at 12.00 PM before lunch adhere to it as well. Fold the index and the middle fingers. Press the right nostril with the thumb and the left with the ring and little fingers. There are three parts in this mantra. The first part is from ‘Om bhoohu’ to ‘Ogm satyam’. The next part is from ‘Om tat’ to ‘Prachodayat’ and the third part is from ‘Om-aapo’ to ‘Bhoor-bhuvas-suvarom’. Inhale through the left nostril reciting mentally, the first part of the mantra. Hold the breath during the second part and breathe out through the right nostril reciting the third part. This entire process is one
'Praanaayaama’ or yogic breathing. If you cannot do this process, at least hold both nostrils and do not breathe while reciting the following mantra:

Om bhoohu om bhuvaha ogm suvaha om mahaha
Om janaha om tapaha ogm satyam
Om tat savitur varenyam bhargo devasya dheimahi
Dhiyo yo nah prachodayaat
Om aapo jyoteeraso-amrutam brahma
Bhoor-bhuvas-suvarom

Touch the right ear and say three times,

Om, Om, Om

4. Sankalpaha

Indicates the determination to do an action (Brahma Yajnam) with the understanding that the Lord Parameshwara is the Phaladhata.

*Face east, Continue to sit in aachamanam posture*

Keep the right palm inside the left palm and keep the palms on the right thigh and recite the following mantra:
Mamopaatta samasta-durita-kshaya-dvaaraa
Shree parameshvara preetyartham
Brahma yajnam karishye
Brahma yajnena yakshye

After Sankalpam wash the palms (both sides) with water. (Pour one Uddharani or Aachamani or Spoonful of water into the Theertha Patram or Thamabalam or Plate through your right palm) reciting:

"Vidhyudasi vidhyame paapmanam amrutaat sathyam upaimi"

After this wash the palms (both sides) with water.

5. Do Aachamanam and Angavandanam as in Step 1 (Face east)

6. Do Prokshanam (rotate and sprinkle with water) especially on left arms and legs. After this make sure you are sitting in the Padmasana Posture with both the right arms and legs are not touching the ground.

7. Chant

Face east, sit down

Chant with Anjali Mudra (fold hands together)

Om bhoohu tatsavithuvarenyam
Om bhuvaha bhargo devasya dheemahi
Ogum suvaha dhiyo yo nah-prachodayaat
Om bhoohe tat savithuvarenyam bhargo devasya dheemahi
Om bhuvaha dhiyo yonah prachodayaat
Ogum suvaha tat savithuvarenyam bhargo devasya dheemahi dhiyo yo nah prachodayaat
8. Chant Vedic Mantras (a line each from Rig, Yajur, Sama and Atharva)

*Face east, sit down*

*Chant with Anjali Mudra (fold hands together)*

![Anjali Mudra Image]

Om Agnime eele purohitam yajnasya devam-ruthvijam  
Hotaaram Ratna dhaatamam harihi om harihi om

Ishe tvaa oorjetvaa vaayavastho Upaayavastho devovaha savitaa  
praarpayatu shreshtha-tamaaya karmane harihi om harihi om

Ayna ayaahi veetaye grunaano havyadaataye  
nihoataa satsi barhishi harihi om harihi om

Shanno devi abhishtaye aapo bhanvantu peethaye  
sanyo: abhisravanthu nahaa harihi om harihi om

9. If possible recite Vedic Mantras like Rudram, Chamakam etc (*Face east*)

10. Do Prokshanam

Sprinkle water round the head by reciting,

Om bhoor-bhuvah-suvaha sathym tapaha shraddhaayaam juhomi

![Prokshanam Image]

After this wash the palms (both sides) and knuckles with water.

11. Recite Three times with folded hands
Om namo brahmane namo astu agnaye, namah prithivy, nama owshadeebhyaaha, namo vaache namo vaachaspathaye namo vishnave brihathe karomi

12. Recite,

"Vrushtirasi vrushcha me paapmaanam amrutaat sathyam upaagaam”

Clean the hands and knuckles with water.

Say “Govinda nama sankeerthanam govinda govindaa”

13. Do Achamanam and Angavandanam as in Step 1 (Face east)

14. Do Deva Tharpanam through the tip of fingers – 1 time

Wear Yajnopaveetam as Upaveetham (on the left shoulder the normal way). Lock the Yajnopaveetam into the right palm under the thumb and offer water oblation straight through the right palm into the plate, once after each mantra.

Say “Deva Tharpanam Karishye”

Bramaadayo ye devaaaha taan devaan tarpayaami
Sarvaan devaan tarpayaami
Sarva deva ganaan tarpayaami
Sarva deva pathnees-tarpayaami
Sarva deva ganapathnees-tarpayaami

15. Do Rishi Tharpanam by pouring out water from the little finger – 2 times

Wear Yajnopaveetam as Nivitham (as garland), lock it into the palm under the thumb at the other end. Take water into the palm and offer it into the plate by turning the palm fully to the left. Perform this oblation chanting each mantra twice.
Say “Rishi Tharpanam Karishye”

Krishna-dvaipaayanaa dayaha ye rishayaha taan risheen tarpayaami
Sarvaan risheen tarpayaami
Sarva rishi ganaan tarpayaami
Sarve rishi pathnees tarpayaami
Sarva rishi gana pathnees-tarpayaami
Prajaapatim kaanda rishim tarpayaami
Somam kaanda rishim tarpayaami
Agnim kanda rishim tarpayaami
Vishvaan devaan kaanda rishin tarpayaami

Pour water through finger tips,

Saagumhitheer-devataaha upanishadas-tarpayaami
Yaajnikeer-devataaha upanishadas-tarpayaami
Vaaruneer-devataaha upanishadas-tarpayaami

Pour water through little finger,

Havyavaaham tarpayaami
Vishvaan devaan kaanda rishims tarpayaami

Pour water by the bottom of the palm towards self,

Brahmaanam svayambhuvam tarpayaami (Recite the following mantra and pour water by the bottom of the palm towards self, meaning lifting the hand up and allowing the water to flow down into the palm)
Pour water through finger tips,

Vishvaan devaan kaanda rishims tarpayaami
Arunaan kandarishims tarpayaami
Sadasaspatim tarpayaami
Rig vedam tarpayaami
Yajur vedam tarpayaami
Saama vedam tarpayaami
Atharva vedam tarpayaami
Itihaasa puraanam tarpayaami
Kalpam tarpayaami
Bharaatham tarpayaami
Vruksham tarpayaami

Those parents who are alive go to Step 17.

16. Do Pithru tharpanam by pouring water between the thumb and index finger – 3 times for each mantra

Those parent(s) are not alive ) can put the poonal as Praceheenam (on the right shoulder and do the following Tharpanam thrice.

Offer water in the plate through the gap between the thumb and the fore finger, thrice for each mantra.

Somah-pitrumaan-yamo-angirasvaan-agnihi-havya vaahanaa ithyadayaha ye pithara thaan pitrun tarpayaami
Kalpam Tharpayami  
Sarvaan pithrun tharpayaami  
Sarava pithru ganaan tharpayaami  
Sarva pithru pathnees tharpayaami  
Oorjam vahanthi amrutham ghrutham paya: keelaalam  
Parishrutham swadhaastha thrupyathume  
Mama pithrun thripyatha, thrupyatha, thrupyatha

Abraham sthambha paryantham jagat trupyathu (Pour water on the floor with uddharani)

17. Wear the Yajnopaveeta in the normal fashion

18. Do Aachamanam Angavandanam as in Step 1 (Face east)

19. Samarpanam

Give away all the actions to the lord.

Continue to sit in Aachamanam posture facing east

Take an Uddharani (Aachamani or Spoonful) of water recite the following mantra and pour it on the ground using tip of the forefinger:

Chant with Anjali Mudra (fold hands together)

Kaayena vaachaa manas-endriyai rava  
Buddhyaa-aatmanaav aav prakruteh svabhaavaat  
Karomi yadayat sakalam parasmai naaraayanaayeti samarpayaami

Mantra-heenam kriyaa-heenam bhakti-heenam janaardana  
Yat krutam tu mayaa deva paripoornam tadastu te

Praayashchittaani asheshaani tabah karma aatma kaanivai  
Yaani tesaam asheshaanaam krishna-anu-smaranam param  
Shree krishna krishna krishna

Pour one Uddharani (Aachamani or Spoonful) of water into the Theertha Patram (Thamabalam or Plate) through your right palm while reciting the mantra below.
Om tat sat brahmaarpanam-astu

Remove the Pavithram, unwind it, and put in on north side (left hand side) and wash your hands (both sides) with water.

20. Do Aachamanam Angavandanam as in Step 1 *(Face east)*
1.11. **Maha Sankalpam**

**Summary Meaning:**

After Sandhya Vandnam (Madhyanikam) strictly speaking, one should wait until after midday (aparahna) to perform the upakarma. All the more reasons for taking the day off from work/school.

In this, the participants after affirming the place, time and their identity makes solemn resolve to complete study of certain chosen texts during the particular semester. It also constitutes specifying the syllabus they wish or intend to cover during this semester. A purification process precedes this ‘Great Resolution’, as the very name of this part of the rite signifies. This entails asking for forgiveness for possible sins committed in the (immediate) past, i.e. the previous year, followed by a bath, which is symbolic of the Cleanliness he obtains both internally and externally. Surprisingly, this part of the rite has got so corrupted over the ages that now the participants are made only to ask forgiveness or pardon for possible sins he might have done, knowingly or unknowingly. He is made to narrate a long list of these sins and the syllabus to be covered is conveniently forgotten or left out! Going forward we should take resolve to study atleast some part of the Vedas as it is our duty to do this.
1. Aachamanam and Angavandanam

Face east

Clean the interior by sipping of water with mantra and clean the exterior by touching the various organs and reciting divine names. Sit with hands between hunched legs as shown in the picture below. Bend all the fingers except the thumb and the little finger to form space enough for an ‘Uddharani’ (Spoon) full of water. Take very small quantity of water in the palm and sip (as ‘Brahma Thirtha’) after each mantra. Sip the water from the palm each time uttering the following mantras:

1. Om achyutaaya namaha
2. Om anantaaya namaha
3. Om govindaaya namaha

Put little water on the base of thumb and wipe the mouth. Repeat this twice. Clean the palm.

Continue to sit in Aachamanam posture and perform ‘Angavandanam’.

Uttering the following six pairs of mantras, touch the various parts of the body with the respective fingers of the right hand, against each pair. Make sure the tip of the forefinger touches the thumb in the first mantra and the thumb touching the respective fingers while doing the remaining pairs.

- Touch with thumb both cheeks saying Keshava-Naaraayana

- Touch with ring finger both eyes saying Maadhava-Govinda
• Touch with the first/index finger both sides of nose saying Vishno-Madhusoodana

• Touch with little finger both ears saying Trivikrama-Vaamana

• Touch with the middle finger both shoulders saying Shreedhara-Hrusheekesha

• Touch with all fingers the belly button saying Padmanaabha

• Touch with all fingers the head saying Daamodara
Keep two katta darbhais under the folded legs or asanam by chanting:

**Darbesh Vaaseena:**

After this wash the palms (both sides) with water.

Wear the Pavithram (Katta Darabhai Ring made of two katta darbhais) in right hand ring finger by chanting:

**Pavitrham Truthva**

Fold two katta darbhais and keep it around ring finger as seen in the pictures below by chanting: (do not hold the nose as seen in the picture, just wear it)

**Darbhaan Dhaaryamaana:**
2. Ganapathi/Vigneshwara Dhyaanam

*Face east, continue to sit in aachamanam posture*

Pray to Lord Ganesha, who has a serene smile, white like a moon clad in white cloth to remove all obstacles. Recite the following mantra slowly tapping the two sides of the forehead (5 times) with both fists together.

Om
Shuklaambaradharam vishnum
Shashivarnam chathurbhujam
Prasannavadanam dhyaayet
Sarvavignha upashaantaye

3. Praanaayaamaha

*Face east, continue to sit in aachamanam posture*

This step requires empty or near-empty stomach as it deals with yogic breathing or regulation of breath. Ironically the timings of Maadhyaahnikam and Brahma Yajnam at 12.00 PM before lunch adhere to it as well. Fold the index and the middle fingers. Press the right nostril with the thumb and the left with the ring and little fingers. There are three parts in this mantra. The first part is from “Om bhoohu’ to ‘Ogm satyam’. The next part is from ‘Om tat’ to ‘Prachodayat’ and the third part is from ‘Om-aapo’ to ‘Bhoor-bhuvas-suvarom’. Inhale through the left nostril reciting mentally, the first part of the mantra. Hold the breath during the second part and breathe out through the right nostril reciting the third part. This entire process is one ‘Praanaayaama’ or yogic breathing. If you cannot do this process, at least hold both nostrils and do not breathe while reciting the following mantra:
Om bhooihu om bhuvara ogm suvaha om mahaha
Om jauna ha om tapaha ogm satyam
Om tat savitur varenya am bhargo devasya dheemahi
Dhiyo yo nah prachodayaat
Om aapo jyoteeraso-amrutam brahma
Bhoor-bhuvas-suvarom

Touch the right ear and say three times,

![Image of a person touching their ear]

Om, Om, Om

4. Sankalpaha

Indicates the determination to do an action (Kamo Karsheet Japam) with the understanding that the Lord Parameshwara is the Phaladhata.

**Face east, continue to sit in aachamanam posture**

Keep the right palm inside the left palm and keep the palms on the right thigh and recite the following mantra:

![Image of hands in a prayer position]

**The symbol ** in the mantra below indicates based on the country, the date and time you do this Sankalpaha certain things change like star, month, day, etc. Please check with a qualified priest on the exact aspects of it. If you do not know replace it with “Suba” (means auspicious) e.g. sarvajit naama samvatsare will be “Suba Naama Samvatsare”.

Mamopaatta samasta-durita-kshaya-dvaaraa
Shree parameshvara preetyartham
Thatheva lagnam sudhinam thadaiva
Tharaabalam chandrabalam thadaivaa
Vidhyaabalam daivabalam thatheva
Sri lakshipathe angriyugam smaraami
Om apavithra pavithrovvaa sarvaa vasthaam
Gathopivaa - yasmareth pundareekaaksham - sabaahya abhyanthara
Suchihi
Maanasam vaachikam paapam - karmanaam samupaarjitham - sri rama
Smaranenaiva vyapohathi na-sam sasayaha
Sri rama, rama rama - thithir vishnu - thathaa varah nakshatram
Vishnurevacha yogascha karanam chaiva sarvam vishnu mayam jagath
Sri govinda, govinda, govinda
Adhya sri bagavathaha
Aadi vishnoho: aadi naarayanasya
Achinthyayaa aparimathayaa sakthyaa abriyamaanasyaa maha
Jalowgasaya madhye paribramathaam aneka koti brahmaanddaanaam
Madhye yekathame prithivi apthejaha: vaayu: aakaasha ahangaara
Mahad avyakta aatmakaihe aavaranaahi: aavruthe asmin mahathi
Brahmaanda karanda madhye aadhaarak sakti koorma varaaha nandathi
Ashta digajapari prathishtitaanaam
Atala-vitala-suthala- rasaatthala thalaathala - -mahaathalapaathaala
Akyanaam saptha lokaanaam oordhwa bhaage bhuvarloke
Suvarloka maholoka janoloka tapoloka satya loka aakhya loka
Shatksaya adhobhaage

Mahaa naalayamaana phaniraja seshsya sahasra phanaamani mandala
Mandithe, digdhanti shundaa dhanda uttambithe lokaa lokaa
Chalena valayithe, lavana ikshu sura sara sarpi dadhi ksheera
Sudhodaka aarnava: parivruthe jambu plaksha pusa krowncha saaka
Saalmalee pushkaraakhyaa saptha dweepaanam madhye jamboo dweepe
Bhaarata kimpurusha hareelaavruta bhadraashwa ketumaala hiranyaka
Ramanaka kuru varsha aakhya nava varshaanaam madhye bhaarata
Varse indra deepakaseru taamba gabhasti punnaaga gandharva
Sowmya varuna bharath khaandaanaam madhye bharata khande
Panchaasath koti yojana visteerna bhumandale karmabhumou
Dandakaaranye sama bhumou ardha rekhaya: dakshina dig bhaage sri
Sailasya aagneya dig bhaage raamaseto: uttara digbhaage ganga
Yamuna saraswati beemarati gwtami narmadaa gantaki Krishnaveni
Tungabadra chandrabhaga malaapa: kaaveri kapila taamppravarni
Vegavati pinaakinee ksheera nadi aadi aneka mahaanadee viraajite
Vaaranasa chitambara sri saila ahobila venkataachala raamasetu
Jambukeswara kumbhakona haalaasya gokarna anantastaya gayaa
Prayaagaadi aneka punya kshetra parivruthe kaaveri teere sakala
Jagatu sruhutu: parardha dwya jeevina: brahma: prathe
Paraardhe panchaasath abdaatmike ateete dweteeye paraardhe
Panchassath abdaadou pratame varshe pratame maase pratame pakshe
Pratame diwase ahani dweteeye yaame truteeye muhoorte paartiva
Koorma pralaya ananta swetavaraha brahma saavitri aakhye sapta
Kalpaanaam madhye sweta varaaha kalpe swaayambhuva swaaro Rochisha
Uttama taamasaa raivata chaakshu shaakhyeshu shastru manushu
Ateeteshu saptame vaivaswata manvantare ashtaavigumsati tamey
Kali yuge pratame paade yudhishtira vikrama saalivaahana vijaya
Abhinandana nagaarjuna kila bhumaakhya saka purusha madhye pari
Ganita saalivaahana sakyeh bhowdhaavaataare braamha daiva pitrvya
Praajapaatyah baarushapatya sowra chaandra sravana nakshatra
Aakhya navamaana madhya pariganitena sowra chaandra maana
Dwayena pravartamaane prabhavaadeenaam shashtiyaha samvatsaraanam
Madhye

**----- samvatsare
**-----Dakshinayane
**-----Varsha rithow
**----- maase
**----- pakshe
**----- poornimaasyaam

Subhathithow vaasaraaha

**----- vaasara yukthayaam
**----- nakshatra yukthayaam

Subayoga, subakarana shuba muhurte
Evaam guna viseshana visishhtayaam, asyaam pournimaasyaam
Subhathithow mamo paktha samastha durita kshya dwadra sree
Paremeshwara preethyartham

Anaadhi avidya vaasanaya pravartamaane asmin mahathi samsaara
Chakre vichitraaibhi karma gathibhi vichitraasu yonishu puna
Punaha anekadha janitha kenaapi punyakarma viseshana
Idhaaneemdhana maanushye maa dwija janma visesham
Praapthavathaha mamaa iha janma prabhruti iha janmani poorva
Janmani janma janmaantareshu yetat kshana paryantam baalye vayasi
Kowmare yowvane vaardhaakecha jaagrath swapna sushupti avasthaasu
Mano vaak kaayai: karmendria gyanendria vyaapaaraischa kaama
Krodha lobha mohamadha mathseyadhikaa sambhatvaanaam iha janmani
Janmanthare cha jnana ajnana krutaanaam rahasya krutaanaam
Prakaasha krutaanaam brahmaa hanana suraapaana swarnasteyaa
Gurutalpamaana thatsat samsarga akhyaanam mahaapataakaanaam
Mahaa paataaka anumrutatvaadeenaam athi paataakaanaam somayaagasta
Kshatriya vaisya vadhaadeenaam sama paatakaanaam govadhaadeenaam
Upa paatakaanaam marjara vadhaadeenaam sankalee karanaaanam
Krimi keeta vadhaadeenaam malineekaranaaanam ninditha dhanaa
Dhaana upa jeevaa naaddeenaam apaththi karanaaanam madhya ghraana
Naaddeenaam jaati taati bhrama karaanam vihikaraka
Thyagaadeenaam abhitakarma aacharanaaanam prakeernakaanaam
Gnanataha sakrut krutaanaam agnaanataha asakrut krutaanaam
Atyanta abhyastaanaam nirantar abhyastaanaam chirakaala
Abhyastaanaam
Pankibedana swaagbedana paraannabhojana shoodrapreshyaa
Heenajaadi tasyaa evam navaanaam navavidhaanaam bahoonaam
Bahuvidhamaam sargeshaam paapaanaam havyaha apanodana dwaara
Samasta prapakshyaartham mangalaambikaa samedha aadikumbheshwara
Visaalaakshi ambika sameta kasi visveshwara swami sannidhou
Seetha lakshmana bharata shatrughana hanumas metha sa rama
Chandra swami sannidhou vinaayakaadi samasta swaami sanni dhow
Ashwathatha naraayana swami sannidhou deva braahmana sannidhou
Samastha hari hara devataa sannidhou tryaa trimsath koti devathaa
Sannidhou sri rukmani sathyabhama sametha sri gopa l krishna
Swami sannidhou taiyashyam sraavanyaam pournamaasyaam adhyaaya
Upaakarma karishye

Thadangam srovanee pournamaasi punyakaale sareera shudhartam
Shuddhodhaka snanam aham arishye.

Remove the two katta darbhais and put it on the north side (left hand side),
which you kept between the pavithram.

Remove the Pavithram, unwind it, and put in on north side ((left hand side)
and wash your hands (both sides) with water.

**5. Do Aachamanam and Angavandanam as in Step 1 (Face east)**

**Do snanam**
1.12. **Snanam/Purokshna Matram**

Head bath needs to be taken before wearing the new yajnopaveetam but if you are unable to at least do purokshinam.

Take small quantity of water in the right hand, rotate and sprinkle it above ones own head and say the following mantra:

![Image of hand spraying water]

Athikroora mahaakaaya kalpaantha hanopamaa

Bhairavaaya namasthubyam anuygaam dhaathu marhasi

Durbhohana duraalaapa dushpratigraha sambhavam paapamhara

Mamakshipram sahyakanye namostute truhaatram jaannaviteere

Pancharaathrantu yaamune sadyaha punaatu kaaveri paapam

Aamarnaandhikam ganga gangeti yo bhruyat yojanaanaam satairapi

Muchyate sarva paapebhyaha vishnu lokam sagachati

Aapohishta mayo bhuvaha sthaana oorje dadhatana maheranaya

Chakshushe youva shivata morasaha tasya bhajayate hanaha usha

Teeriva maataraha tasmaaha aranga mamavaha yas yakshyayaa jinvata Aap: janayata janaha bhoorbhavasuvaha om bhoorbhavasuvaha

**Do Prokshanam - Take small quantity of water in the right hand from Uddharani (Aachamani or Spoonful, rotate and sprinkle it above ones own head and say “Om bhoor-buvah-suvaḥ” three times.**

**Chant,**

Govindhanama samkeerthanam - govinda! Govinda
1.13. **Yajnopaveeta Dhaaranam**

Please refer to Section 3 Sub Section 1.6. The ritual is the same with no changes/exceptions. This step is very important and one has to change their yajnopaveetaem one more time.
1.14. **Mowjeedharana Mantram (Brahmachari’s only)**

**Summary Meaning:**

This ritual is to make sure the Brahmachari is as pious and pure as ajina (deer skin) and also obtain divine and sacred knowledge by holding plachhi dhandam or wearing maunji.

*Sit down, face east and pray with Anjali Mudra (fold hands together)*

![Anjali Mudra](image)

*Wear maunji (Belt made of sacred grass to be worn around the hip – Some traditions only perform it for first Upakarma or Thalai Avani Avittam)*

Iyam durukthath pari bhadhamana sarma varoottham punathi na

Aagath - praanapanabyam balama baramthi priya devanagum subaga Megaleyam.

Rithaswa goptri thapasaha paraspee gnathi raksha sahamana Arathhi.

Sa nasamanta manupareehi badraya Bartharasthe megale ma rishama.

**Krishnajina dharana mantram (Wear Ajina/deer skin or maantholin Yajnopaveetam)**

Mitrasya chakshur dharunam baleeya sthejo yasaswi sthaviragum Samidham anahanasyam vasanajja rishnu pareedham vajyajinam Dadheham.

**Dhanda dharana mantram (Hold plachhi dhandam i.e stick made of palaasa wood in your right hand - Some traditions only perform it for first Upakarma or Thalai Avani Avittam)**

Susravaha susravasam ma kuru yatha twagum susravaha
Susrava asyeva mahagum susravaha susrava bhooyasam yatha
Twagum Susravo devanaam nidhi gopo asyevamaham
Brahmananaam brahmano Nidhi gopo bhooyasam.

You can remove the ajina/deer skin at a later date and time in a temple as recommended by your priest. The other two can be removed after completing the reciting the above said mantras or at the end of Avani Avittam ritual.
1.15. **Kanda Rishi Tharpanam**

**Summary Meaning:**

Tharpanam means really satisfying. By this tharpanam we satisfy the rishi (sages) of Soma (moon), Agni (fire), Viswaan devan (all gods looking after earth), etc. Before commencing any auspicious or meritorious undertaking, in ancient days, it was customary to invoke the blessings of the Gods or the divine and the ancestors. So, the acharya and the students together perform atharpana to invoke the blessings of those rishis who are the authors of the various kaandas of the Vedas and also the ancestors. Hence the name ‘Kandarishi Tarpanam’ for this part of the ritual.

The Yajurveda is divided into seven parts; called Kaanda. Each chapter is ascribed to be the compilation by a particular rishi, who thus are called Kaanda rishi. They are: Prajapati, Soma, Agni, Vishve Deva, (saamhiti devata, yaajniki devata, vaaruni devata.) Havyavaha, Aruna, Sadasaspati. The final amalgamated spirit governing as Brahman Swayambhuva. This Rishi Tarpana is done with water only, daily (Brahma Yajnam) and on Upakarma day, with water, rice and black til (sesame). The tradition is that Deva Tarpana is performed with flower, with water pouring out of the four fingers straight, the rishi tarpana with Kusha (kattai darbhai) grass, the water flowing out of palm of right hand leftward and the Pitr tarpanam with Til, the water flowing out of the gap between the thumb and index finger of the right hand. Also, the sacred thread is savya (on the left shoulder) niveeti (like a garland on the neck) and apasavya (on the right shoulder) while performing the Deva, Rishi and Pitr tarpanam, respectively. This mode is applicable irrespective of the Vedic branch of adherence by the performer.

*Traditionally, your clothes should be new and wet while doing this tharpanam.*
1. Aachamanam and Angavandanam

*Face east*

Clean the interior by sipping of water with mantra and clean the exterior by touching the various organs and reciting divine names. Sit with hands between hunched legs as shown in the picture below. Bend all the fingers except the thumb and the little finger to form space enough for an ‘Uddharani’ (Spoon) full of water. Take very small quantity of water in the palm and sip (as 'Brahma Thirtha’) after each mantra. Sip the water from the palm each time uttering the following mantras:

1. Om achyutaaya namaha
2. Om anantaaya namaha
3. Om govindaaya namaha

Put little water on the base of thumb and wipe the mouth. Repeat this twice. Clean the palm.

*Continue to sit in Aachamanam posture and perform ‘Angavandanam’.*

Uttering the following six pairs of mantras, touch the various parts of the body with the respective fingers of the right hand, against each pair. Make sure the tip of the forefinger touches the thumb in the first mantra and the thumb touching the respective fingers while doing the remaining pairs.

- Touch with thumb both cheeks saying Keshava-Naaraayana
• Touch with ring finger both eyes saying Maadhava-Govinda

• Touch with the first/index finger both sides of nose saying Vishno-Madhusoodana

• Touch with little finger both ears saying Trivikrama-Vaamana

• Touch with the middle finger both shoulders saying Shreedhara-Hrusheekesh

• Touch with all fingers the belly button saying Padmanaabha

• Touch with all fingers the head saying Daamodara
Keep two katta darabhais under the folded legs or asanam by chanting:

**Darbesh Vaaseena:**

![Image of hands doing Darbesh Vaaseena](image1)

After this wash the palms (both sides) with water.

Wear the Pavithram (Katta Darabhai Ring made of two katta darbhais) in right hand ring finger by chanting:

**Pavitrham Truthva**

![Image of hands doing Pavitrham Truthva](image2)
Fold two katta darbhais and keep it around ring finger as seen in the pictures below by chanting: (do not hold the nose as seen in the picture, just wear it)

**Darbhaan Dhaaryamaanaa:**

![Image](image1.png)

2. Ganapathi/Vigneshwara Dhyaanam

**Face east, continue to sit in aachamanam posture**

Pray to Lord Ganesha, who has a serene smile, white like a moon clad in white cloth to remove all obstacles. Recite the following mantra slowly tapping the two sides of the forehead (5 times) with both fists together.

Om
Shuklaambaradharma vishnum
Shashivanam chathurbhujam
Prasannavadanam dhyayet
Sarvavigha upashaantaye

3. Praanaayamaaha

**Face east, continue to sit in aachamanam posture**

This step requires empty or near-empty stomach as it deals with yogic breathing or regulation of breath. Ironically the timings of *Maadhyaaahnikam* and *Brahma Yajnam* at 12.00 PM before lunch adhere to it as well. Fold the index and the middle fingers. Press the right nostril with the thumb and the left with the ring and little fingers. There are three parts in this mantra. The first part is from ‘Om bhoohu’ to ‘Ogm satyam’. The next part is from ‘Om tat’ to ‘Prachodayat’ and the third part is from ‘Om-aapo’ to ‘Bhoor-bhuvas-
suvarom’. Inhale through the left nostril reciting mentally, the first part of the mantra. Hold the breath during the second part and breathe out through the right nostril reciting the third part. This entire process is one ‘Praanaayaama’ or yogic breathing. If you cannot do this process, at least hold both nostrils and do not breathe while reciting the following mantra:

Om bhoohu om bhuvaха ogm suvaha om mahaha
Om janaha om tapaha ogm satyam
Om tat savitur varenyam bhargo devasya dheemahi
Dhiyo yo nah prachodayaat
Om aapo jyoteeraso-amrutam brahma
Bhoor-bhuvas-suvarom

Touch the right ear and say three times,

Om, Om, Om

4. Sankalpaha

Indicates the determination to do an action (Kamo Karsheet Japam) with the understanding that the Lord Parameshwara is the Phaladhata.

Face east, continue to sit in aachamanam posture

Keep the right palm inside the left palm and keep the palms on the right thigh and recite the following mantra:
Mamopaatta samasta-durita-kshaya-dvaaraa
Shree parameshvara preetyarthaam

Sraavanyaamournamasiam adyaaya upaakarma karmangam
Kaandarshii tharpanam karishye

Remove the two katta darbhais and put it on the north side (left hand side), which you kept between the pavithram.

After this wash the palms (both sides) with water.

Do Prokshinam (Take small quantity of water in the right hand, rotate and sprinkle it above ones own head)

Wear Yajnopaveetam as garland; lock it into the palm under the thumb at the other end. Water should flow via your little fingers of both hands joined together.

**Perform this oblation chanting each mantra thrice.**

Prajapathim kaandarshim tharpayami
Somam kaandarshim tharpayami
Agnim kaandarshim tharpayami
Viswaan devaan kaandarshim tharpayami

Saagumhitheer devatha upanishadha tharpayami
Yajnikeer devatha: upanishadha tharpayami
Varuneer devatha: upanishadha tharpayami
Lift hand upward so that water flows downwards from ankles. Pour water by the bottom of the palm towards self reciting this mantra 3 times,

Brahmaanam svayambhuvam tarpayaami (Recite the following mantra and pour water by the bottom of the palm towards self, meaning lifting the hand up and allowing the water to flow down into the palm)

Pour water through little finger reciting this mantra 3 times,

Sadasaspathim tharpayami

Those parents who are alive go to Step 5.

Those parent(s) are not alive put the poonal as Pracheenam (on the right shoulder and do the following Tharpanam thrice.

Offer water in the plate through the gap between the thumb and the fore finger, thrice for each mantra.
Somah-pitrumaan-yamo-angirasvaan-agnihi-havya vaahanaa ithyadayaha ye pithara thaan pitrun tarpayaami

Kalpam Tharpayami
Sarvaan pithrun tharpayaami
Sarava pithru ganaan tharpayaami
Sarva pithru pathnees tharpayaami
Sarva pithru gana pathnees tharpayaami
Oorjam vahanthi amrutham ghrutham paya: keelaalam
Parishrutham swadhaastha thrupyathume
Mama pithrun thripyatha, thrupyatha, thrupyatha

Abrahma sthambha paryantham jagat trupyathu (Pour water on the floor with uddharani)

5. **Wear the Yajnopaveetam in the normal fashion**

Remove the Pavithram, unwind it, and put in on north side ((left hand side) and wash your hands (both sides).

6. **Do Aachamanam Angavandanam as in Step 1 (Face east)**
1.16. **Veda Vyasa Pooja, Shravana Homam and Vedarambam**

![Image of Sage Veda Vyasa]

**Veda Vyasa Pooja**

Sage Veda Vyasa (also called Krishna Dvaipayana) Vyasa who is the central and revered figure in the hindu traditions. He is also known as Badarayana. He split the Vedas into four and is considered to be the scribe of both the Vedas, and the supplementary texts such as the Puranas. A number of Vaishanava traditions regard him as an avatar of Lord Vishnu. Vyasa is also considered to be one of the seven Chiranjivis (long lived, or immortals), who are still in existence according to general Hindu belief. Offer flowers/neivadhiyam and pray sincerely to Sage Veda Vyasa.

**Shravana Homam**

The Shravana homam is not performed by everybody. The guru performs it and we are just witnesses to the prayers. In Hinduism, all functions commence with ritual prayer and invocations. The Sravana Homa is the principal rite wherein the teacher and the disciples together perform the ritual worship of Homa wherein they offer oblations to the Gods to invoke their blessings so that the intended program of study goes through without any impediments. The teacher then initiates the study of Vedas saying, “Upakrtavai Veda”, and meaning, ‘the study of Vedas has begun’. Here again the first lines of the four Vedas and the Vedangas are recited as token of having started the study. (Like we did in Brahma Yajnam Step 8)
**Vedarambam**

**Aachamanam and Angavandanam**

**Face east**

Clean the interior by sipping of water with mantra and clean the exterior by touching the various organs and reciting divine names. Sit with hands between hunched legs as shown in the picture below. Bend all the fingers except the thumb and the little finger to form space enough for an ‘Uddharani’ (Spoon) full of water. Take very small quantity of water in the palm and sip (as ‘Brahma Thirtha’) after each mantra. Sip the water from the palm each time uttering the following mantras:

1. Om achyutaaya namaha
2. Om anantaaya namaha
3. Om govindaaya namaha

Put little water on the base of thumb and wipe the mouth. Repeat this twice. Clean the palm.

**Continue to sit in Aachamanam posture and perform ‘Angavandanam’**.

Uttering the following six pairs of mantras, touch the various parts of the body with the respective fingers of the right hand, against each pair. Make sure the tip of the forefinger touches the thumb in the first mantra and the thumb touching the respective fingers while doing the remaining pairs.
• Touch with thumb both cheeks saying Keshava-Naaraayana

• Touch with ring finger both eyes saying Maadhava-Govinda

• Touch with the first/index finger both sides of nose saying Vishno-Madhusoodana

• Touch with little finger both ears saying Trivikrama-Vaamana

• Touch with the middle finger both shoulders saying Shreedhara-Hrusheekesha

• Touch with all fingers the belly button saying Padmanaabha
• Touch with all fingers the head saying Daamodara

Wear the Pavithram (Katta Darabhai Ring made of two katta darbhais) in right hand ring finger by chanting “Pavitrham Truthva”

2. Ganapathi/Vigneshwara Dhyaanam

*Face east, continue to sit in aachamanam posture*

Pray to Lord Ganesha, who has a serene smile, white like a moon clad in white cloth to remove all obstacles. Recite the following mantra slowly tapping the two sides of the forehead (5 times) with both fists together.

Om
Shuklaambaradharam vishnum
Shashivarnam chathurbhujam
Prasannavadanam dhyaayet
Sarvavighna upashaantaye

3. Praanaayaama

*Face east, continue to sit in aachamanam posture*

This step requires empty or near-empty stomach as it deals with yogic breathing or regulation of breath. Ironically the timings of *Maadhyaahnikam* and *Brahma Yajnam* at 12.00 PM before lunch adhere to it as well. Fold the index and the middle fingers. Press the right nostril with the thumb and the left with the ring and little fingers. There are three parts in this mantra. The first part is from ‘Om bhoohu’ to ‘Ogm satyam’. The next part is from ‘Om tat’ to ‘Prachodayat’ and the third part is from ‘Om-aapo’ to ‘Bhoor-bhuvas-suvarom’. Inhale through the left nostril reciting mentally, the first part of the mantra. Hold the breath during the second part and breathe out through the right nostril reciting the third part. This entire process is one ‘Praanaayaama’ or yogic breathing. If you cannot do this process, at least hold both nostrils and do not breathe while reciting the following mantra:
Om bhoohu om bhuvaaha ogm suvaha om mahaha
Om janaha om tapaha ogm satyam
Om tat savitur varenyam bhargo devasya dheemahi
Dhiyo yo nah prachodayaat
Om aapo jyoteeraso-amrutam brahma
Bhoor-bhuvas-suvarom

Touch the right ear and say three times,

Om, Om, Om

4. Sankalpaha

Indicates the determination to do an action with the understanding that the
Lord Parameshwara is the Phaladhata.

*Face east, continue to sit in aachamanam posture*

Keep the right palm inside the left palm and keep the palms on the right
thigh and recite the following mantra:
Mamopaatta samasta-durita-kshaya-dvaaraa
Shree parameshvara preetyaratham
Vedambham karishye

After Sankalpam wash the palms (both sides) with water.

7. Chant

*Face east, sit down*

*Chant with Anjali Mudra (fold hands together)*

![Anjali Mudra](image)

Om bhoohu tatsavithurvarenyam
Om bhuvaha bhargo devasya dheemahi
Ogum suvaha dhiyo yo nah-prachodayaat
Om bhoohu tat savithurvarenyam bhargo devasya dheemahi
Om bhuvaha dhiyo yonah prachodayaat
Ogum suvaha tat savithurvarenyam bhargo devasya dheemahi dhiyo yo nah prachodayaat

8. Chant Vedic Mantras

*Face east, sit down*

*Chant with Anjali Mudra (fold hands together)*

![Anjali Mudra](image)
Om Agname eele purohitam yajnasya devam-ruthvijam
Hotaaram Ratna dhaatamam harihi om harihi om

Ishe tvaa oorjetvaa vaayavastho Upaayavastho devovaha savitaa
praarpayatu shreshtha-tamaaya karmane harihi om harihi om

Agna aayaahi veetaye grunaano havyadaataye
nihotaa sati barhishi harihi om harihi om

Shanno devi abhishtaye aapo bhanvantu peethaye
sanyo: abhisravanthu naahaa harihi om harihi om

9. Facing east, recite Vedic Mantras like Sri Sukhtam, Purusha Suktham, Rudram, Chamakam etc – *If you do not know please listen and start learning it as it is our duty to atleast study the Upayukta (daily use) Veda Mantras. Atleast, do Gayathri Japam if you do not recite Vedic mantras.*

After reciting say “Govinda nama sankeerthanam govinda govindaa”

Remove the Pavithram, unwind it, and put in on north side (left hand side) and wash your hands (both sides) with water.

10. Do Achamanam and Angavandanam as in Step 1 *(Face east)*
1.17. **Neivadhiyam, Aarthi and Prasadam**

Take one Uddharani or Aachamani or Spoonful of water into the and circum ambulate around the food kept before the god for neivedhiyam (offering) three times chanting the following mantra:

Om bhoorbavasuva:
Tatsa vithur vare inyam bhago devasya dheemahi dhi yoyana
Pracho daya yaatu
Deva savita prasuva:
Satym twartena parishimchaami *(During Day)*
Rutam tvaa satyena parishimchaami *(During Night)*
Amaritapas tarnamasi
Praanaaya swaha
Apaanaaya swaha
Vyaanaaya swaha
Udhanaaya swaha
Samaanaaya swaha
Brahmmane swaha
Brahmmanime aatma amrutatvaaya

After this, pour the water in the Uddharani into Patram or Thambalam or Plate

Tell all the neivadiyam food items you have cooked and offered in front of lord and say:

“Neivathiyaa nantharam aachamaniyam samarpayami”

Pour one Uddharani of water into the Patram or Thamabalam or Plate
Aarti Mantra

Peform Aarti to the Lord by chanting the following mantra:

Na karmana na prajayaa dhanena thyagenaike amrutatvam
Aanushu:paarena naakam nihitam ghuyaayaam vibhraajate
Yadhatayo vishantivedanta vigyan sunimschitartha: sanyaasa
Yogaa dhwataya:shdhasatvaa:te brahma loke tu paraanta
Kaale para mrutaa: parimuchyanti sarvedahnam vipaapam
Parameshhmmbhootam yatu pundareekam puramadhya
sahastham
Tatraapi dahnam gaganam vishokas tasminnu yadanta asta
Dupaasitavyam
Yo vedadou swara: prokto vedaante cha prathishtita:
Tasyam prakruti neelasya yaha para: sa maheshwara:

Pray to god and take Prasadam
1.18. **Sambavanai and Aashirwadam**

*Mantram while giving dakshana to Brahmin (priest)*

Hiranya garbha garbhaajam vibhavaasoho anantha
Punyaphalakam adasaantim prayachame idam hiranyam
Sraavanyaam pournamaasyaam adhyaaya aarambha muhurta
Sumurtataa sidhyartam sarva kaarya aanukulya sidhyartham sree
Veda vyaasa paripoorna prasaada sidyartam yadkinchatu hiranyam
Kaamayamaanaha, tubhyamaham sampratatu

*Do Abhivaadanam and Namaskaram (as stated in Sandhya vandanam) to priest and other elders and get their Aashirwadam (blessings).*
1.19. **Sandhya Vandanam (Nithya Karma - Sayaam Sandhyam)**

**Summary Meaning:**

Sandhya Vandanam literally means either “Salutation to the goddess of Dawn and dusk” or “the prayers done during dawn and dusk.” Hindus considered the period just before dawn and just after dusk as well as the exact period of noon, as extremely suitable for meditation. All Brahmins after Upanayanam (prescribed to be done at the age of seven), were required to do these prayers without fail. Essentially these prayers are offering oblations to the devas (arghya pradanam), doing breathing exercises (pranayamam) and then meditating on Gayathri by chanting the king of all mantras “Gayathri”. This mantra is taught to every boy by his own father during the ceremony of brahmopadesam. After learning Gayathri every boy is supposed to have taken a second birth and is entitled to be called “Dwija” (born twice).

Our scriptures attach lot of importance to Sandhya vandanam. They prescribe that a ‘Dwija’ (twice born after Upanayanam) should do it without fail every day. They also say that the knowledgeable Brahmin who salutes the Sun god daily thrice would attain whatever he wants. They further say that one who does not do sandhyavandanam is a sinner and is not eligible for any Vedic duties.

During Saayam-Sandhyaam, Shri Gayathri (Samashti Svaroopini) will be worshipped as Shri Sarasvati – Vishnu Svaroopini as shown below.
Part I - Arghya Pradaanam

1. Aachamanam and Angavandanam

**Face east**

Clean the interior by sipping of water with mantra and clean the exterior by touching the various organs and reciting divine names. Sit with hands between hunched legs as shown in the picture below. Bend all the fingers except the thumb and the little finger to form space enough for an ‘Uddharani’ (Spoon) full of water. Take very small quantity of water in the palm and sip (as ‘Brahma Thirtha’) after each mantra. Sip the water from the palm each time uttering the following mantras:

1. Om achyutaaya namaha
2. Om anantaaya namaha
3. Om govinandaaya namaha

Put little water on the base of thumb and wipe the mouth. Repeat this twice. Clean the palm.

**Continue to sit in Aachamanam posture and perform ‘Angavandanam’.**

Uttering the following six pairs of mantras, touch the various parts of the body with the respective fingers of the right hand, against each pair. Make sure the tip of the forefinger touches the thumb in the first mantra and the thumb touching the respective fingers while doing the remaining pairs.

- Touch with thumb both cheeks saying Keshava-Naaraayana
• Touch with ring finger both eyes saying Maadhava-Govinda

• Touch with the first/index finger both sides of nose saying Vishno-Madhusoodana

• Touch with little finger both ears saying Trivikrama-Vaaman

• Touch with the middle finger both shoulders saying Shreedhara-Hrusheekasha

• Touch with all fingers the belly button saying Padmanaabha

• Touch with all fingers the head saying Daamodara

Wear the Pavithram (Katta Darabhai Ring made of two katta darbhais) in right hand ring finger by chanting “Pavitram Truthva”
2. Ganapathi/Vigneshwara Dhyaanam

Face east, continue to sit in aachamanam posture

Pray to Lord Ganesha, who has a serene smile, white like a moon clad in white cloth to remove all obstacles. Recite the following mantra slowly tapping the two sides of the forehead (5 times) with both fists together.

Om
Shuklaambaradharam vishnum
Shashivarnam chathurbhujam
Prasannavadanam dhyaayet
Sarvavigna upashaantaye

3. Praanaayaamaha

Face east, continue to sit in aachamanam posture

This step requires empty or near-empty stomach as it deals with yogic breathing or regulation of breath. Ironically the timings of Sandhya vandanam adhere to it as well, Praatah Sandhya at 6.00 AM before breakfast, Maadhyaaahnikam at 12.00 PM before lunch, and Saayam-Sandhyaam at 6.00 PM before dinner. Fold the index and the middle fingers. Press the right nostril with the thumb and the left with the ring and little fingers. There are three parts in this mantra. The first part is from ‘Om bhoohu’ to ‘Ogm satyam’. The next part is from ‘Om tat’ to ‘Prachodayat’ and the third part is from ‘Om-aapo’ to ‘Bhoor-bhuvas-suvarom’. Inhale through the left nostril reciting mentally, the first part of the mantra. Hold the breath during the second part and breathe out through the right nostril reciting the third part. This entire process is one ‘Praanaayaama’ or yogic breathing. If you cannot do this process, at least hold both nostrils and do not breathe while reciting the following mantra:
Om bhoohu om bhuvaha ogm suvaha om mahaha
Om janaha om tapaha ogm satyam
Om tat savitur varenym bhargo devasya dheemahi
Dhiyo yo nah prachodayaata
Om aapo jyoteeraso-amrutam brahma
Bhoor-bhuvas-suvarom

Touch the right ear and say three times,

Om, Om, Om

4. Sankalpaha

Indicates the determination to do an action (Sandhyavandanam) with the understanding that the Lord Parameshwara is the Phaladhata.

Face east, continue to sit in aachamanam posture

Keep the right palm inside the left palm and keep the palms on the right thigh and recite the following mantra:

Mamopaatta samasta-durita-kshaya-dvaaraa
Shree parameshvara preetyartham

Evening (Saayam Sandhya) - Tell “Saayam- sandhyaam-upaasishye”

After Sankalpam wash the right palm with water. (Pour one Uddharani or Aachamani or Spoonful of water into the Theertha Patram or Thamabalam or Plate through your right palm)
5. Maarjanam (Prokshana Mantra)

Sprinkling of water. Prayer for the purification of the body and mind.

*Face east, continue to sit in aachamanam posture*

Take water in the ‘Uddharani’, immerse the ring finger in the water of the ‘Uddharani’, write ‘OM’ in water with the ring finger and apply it in the space between the eyebrows with the water (‘Tilak’) while reciting the following mantra:

‘Om shree keshavaaya namaha’

Recite the following ten mantras. While reciting the first seven sprinkle water on the head, while reciting the eighth touch the knees or thighs, ninth again sprinkle on the head and complete by reciting the tenth with take little water on your right palm, rotate and sprinkle around the head to sprinkle water around body in clockwise direction like ‘Pradakshinam’.
Om
Aapo hi shthaa mayo-bhuvaha (1)
Taa na oorje dadhaatana (2)
Mahe ranaaya chakshase (3)
Yo vah-shivatamo rasaha (4)
Tasya bhaajayateha naha (5)
Ushatheeriva maataraha (6)
Tasmaa arangamaama vaha (7)

Yasya kshayaaya jinvatha (8) **Touch both knees**
Aapo janayathaa cha naha (9)

Om bhoor-bhuvah-suvaha (10) **Do Prokshanam**

**6. Apaam Praashanam**

Sipping water with Mantra – Prayer for removal of sins committed in the previous part of the day.

*Face east, continue to sit in aachamanam posture*

Take in the hand small quantity of water in the palm (just sufficient to immerse one grain) and recite the following mantra. After reciting the mantras drink the water.

**Evening (Saayam-Sandhya)**
Agnishcha maa manyushcha manyupatayashcha manyukrutebhyaha
Paapebhyo rakshantaam yad-ahnaa paapam-akaarsham
Manasaa vaachaa hastaabhyaam
Padbyaam-udarena sishnyaa
Ahas-tad-avalumpatu
Yat-kincha duritam mayi
Idam-aham maam-amruta-yonau
Satye jyotishi juhomi svaahaa

7. Do Aachamanam and Angavandanam as in Step 1 (*Face east*)

8. Punar-Maarjanam (Punah-prokshana mantra)

Sprinkle water again. Pray for face and other organs to be fragrant and for longer life.

*Face east, continue to sit in aachamanam posture*

Recite the following fourteen mantras. While reciting the first eleven-sprinkle water on the head, while reciting the twelfth touch the knees/thighs, thirteen again sprinkle on the head and complete by reciting the fourteenth with take little water on your right palm, rotate and sprinkle around your head in clockwise direction like ‘Pradakshinam’.
Dadhikraavinno akaarisham (1)
Jishnor-ashwasya vaajinaha (2)
Surabhino mukhaa karatu (3)
Prana aayoo-g-mshi taarishatu (4)

Om
Aapo hi shtaa mayo-bhuvaha (1)
Taa na oorje dadhaatana (2)
Mahe ranaaya chakshase (3)
Yo vah-shivatamo rasaha (4)
Tasya bhaajayateha naha (5)
Ushatheeiva maataraha (6)
Tasmaa arangamaama vaha (7)

Yasya kshayaaya jinvatha (8) **Touch both knees**
Aapo janayathaa cha naha (9)

Om bhoor-bhuv-suvaaha (10) **Do Prokshanam**

**9. Arghya Pradaanam**

*Offering of water - Very important aspect of Sandhya Vandanam worship.* Water poured turns into a ‘Vajrayudha’ (very powerful weapon) and fights laziness which obscures Divine Knowledge. Vedas extols the importance of arghyam and also its time of offering. The Arghyam is to be offered (as Deva Thirtha - Water poured down through the tip of the fingers except the thumb) before sunrise in the morning, before crossing the zenith in the noon and before sunset in the evening. Use large quantities of water for arghyam.

*Turn around, sit down and face west*
Arghya Pradhana Manthrasya Vishwamitra Rishihi (Touch the forehead with fingers)
Gayatri Chandaha (Touch below nose with fingers)
Savittha Devatha Arghya Pradhanae Viniyogaha (Touch the middle of the chest with fingers)

Sit down, join both hands together, hold your breath and Panchapatram in left hand between thumb and forefinger and pouring hands full of water, taking care not to join thumb with other fingers in hands (both the hands, see pictures below), repeat the following mantra and pour water thrice during evening:

Om bhoor-bhuvah-suvaha
Tat savitur-varenyam bhargo devasya dheemahi
Dhiyo yo nah prachodayaat

10. Do Praanaayaamaha as in Step 3 (Sit down and face west)

11. Praayaschitta Arghyam

Sit down and face west

Keep the right palm inside the left palm and keep the palms on the right thigh and recite the following mantra:
Kaalaateeta praayashchittaartham
Arghyapraadanam karishye

After Sankalpam wash the right palm with water. (Pour one Uddharani or Aachamani or Spoonful of water into the Theertha Patram or Thamabalam or Plate through your right palm)

Then offer one more Arghyam in a similar fashion as above in Step 9. This is a Praayashchitta (atonement) for doing the Arghya Pradaanam late by reciting the following mantra:

Om bhoor-bhuvah-suvah
Tat savitur-varenyam bhargo devasya dheemahi
Dhiyo yo nah prachodayaat

12. Athma Pradakshanam or Athma Parishechanam

Purification of Athma.

**Turn around, sit down and face east**

Take small quantity of water in the right hand, rotate and sprinkle it above ones own head saying:

Om bhoor-bhuvah-suvaha

13. Do Praanaayaamaha as in Step 3 (**Sit down and face east**)
14. Aikyaanusandhaanam

This step is very important and is the life line of Sandhya Vandanam. It identifies the self with the Supreme Being. Touch the chest with all the 10 fingers of both hands and recite the following mantra. Do not rush up! Spend a minute or two on this meditation with closed eyes.

Sit down and face east

With both hands touch the middle of the chest. Close the eyes meditate and recite:

Asaavaadityo brahma
Brahmaiva-sathyam
Brahamaiva-aham-asmi

15. Do Achamanam and Angavandanam as in Step 1 (Face east)

16. Navagraha-Deva Tarpanam

Offering of water to please the devas – use as much water as possible! – Thus regular practice of Sandhya Vandanam obviates the need to do special homas etc. to ward of problems (Kanchi MahaSwamigal in Deivathin Kural).

Sit down (or in Achamanam posture) and face east

Hold Panchapatram in left hand between thumb and forefinger and pour hands full of water. Take care to take water separately each time. Do not join thumb with other fingers.
Aadityam tarpayaami
Somam tarpayaami
Angaarakanam tarpayaami
Budham tarpayaami
Bruhaspatim tarpayaami
Shukram tarpayaami
Shanaishcharam tarpayaami
Raahum tarpayaami
Ketum tarpayaami
Keshavam tarpayaami
Naraayanam tarpayaami
Maadhavam tarpayaami
Govindam tarpayaami
Vishnum tarpayaami
Madhusoodanam tarpayaami
Trivikramam tarpayaami
Vaamanam tarpayaami
Shreesharam tarpayaami
Hrusheekesham tarpayaami
Padmanaabham tarpayaami
Daamodharam tarpayaami

17. Do Achamanam and Angavandanam as in Step 1 (Face east)

Pour one Uddharani (Aachamani or Spoonful) of water into the Theertha Patram (Thamabalam or Plate) through your right palm while reciting the mantra below.

Mayaa krtam idam sarvam karma
Om tat sat brahmaarpanam-astu

This ends the first part of Sandhya Vandanam.
Part II - Japam

Face west during Sayaam-Sandhya (Evening)

Sit down straight in the Padmasana pose (sit cross-legged and pull both feet onto the opposite thigh), sitting on a mat or wooden plank placed on the floor.

1. Japa Sthala Prokshanam

Sit down and face west

Sprinkle water on the place where you propose to do japa by reciting the following mantra.

Om bhoor-bhuvah-suvaha

2. Do Ganapathi/Vigneshwara Dhyaanam as in Part I - Step 2 (Sit down and face west)

3. Do Praanaayaamaha as in Part I - Step 3 (Sit down and face west)

4. Japa Sankalpaha

Sit down and face west

Keep the right palm inside the left palm and keep the palms on the right thigh and recite the following mantra:
Mamopaatta samasta durita kshaya dvaara
Shree parameshwara preethyartham

*Evening (Saayam Sandhya) - “Saayam-sandhyaa-gaayatree maha mantra-japam karishye”*

After Sankalpam wash the right palm with water. (Pour one Uddharani or Aachamani or Spoonful of water into the Theertha Patram or Thamabalam or Plate through your right palm)

5. **Pranava Japam**

Each and every mantra in the Vedas has a Rishi, who has seen it, a meter (chandas) and a devata who is invoked by the mantra. Mantras are more effective if these are remembered before reciting it. By touching the head you mentally bow to the rishi who has seen it, touch the upper lip/nose to signify the meter and the chest to meditate on the devata.

**Sit down and face west**

Pranavasya Rishih-brahmaa (Touch the forehead with fingers)
Devee Gaayatree chandaha (Touch below the nose with fingers)
Paramaatmaa devataa (Touch the middle of the chest with fingers)

**Touch the forehead with fingers and recite,**

Bhooraadi saptavyaahrteenaam Atri bhruugu kutsa vasishtha gautama
Kaashyapa aangirasa rishayaha

**Touch below the nose with fingers and recite,**

Gaayatree ushnig anushtup bruhathee Pankti trishtup jagatyah chandaamsi
**Touch the middle of the chest with fingers and recite,**

Agni vaayu arka vaageesha varuna Indra vishvedevaa devataaha

Savithryaa rishih vishvaamitraha (Touch the forehead with fingers)
Devi-gaayatree chandaha (Touch below the nose with fingers)
Savitaa devataa (Touch the middle of the chest with fingers)

6. Do Praanaayaamaha as in Part I - Step 3 *(10 times)* *(Sit down and face west)*

7. Gaayatree Aavaahanam

Prayer to Gayathri Devi to occupy the lotus of the individual’s heart.

**Sit down and face west**

- Touch the forehead with fingers
- Touch below the nose with fingers
- Touch the middle of the chest with fingers

**Anjali Mudra (fold hands together)**

- Touch the forehead with fingers
- Touch below the nose with fingers
- Touch the middle of the chest with fingers

Aayaatu varadaa devee
Aksharam brahma-sammitam
Gayatreem chandasaam maatedam
Brahma jushasva naha

Ojo’si saho’si balamasi bhraajo’si
Devaanaam dhaama naamaasi
Vishvamasi vishvaayuhu
Sarvamasi sarvaayuhu
While reciting the last three mantras, after ‘Aavaahayaami’, keep both the palms together (‘Avahana Mudra’) and then slowly take the fingers towards oneself towards the chest, and bring it back to original position after each rotation.

Abhi bhoorom  
Gaayatreem aavaahayaami  
Saavitreem aavaahayaami  
Sarasvateem aavaahayaami

8. Gaayatree Nyaasaha

Sit down and face west

Savithryaa rishih vishvaamitraha (Touch the forehead with fingers)  
Nichrut-gaayatree chandaha (Touch below the nose with fingers)  
Savitaa devataa (Touch the middle of the chest with fingers)  
Jape Viniyogaha

9. Gaayatree Japam

Central theme of the Sandhya Vandanam worship. The very elaborate preamble indicates the importance of the purification of both the mind and the body as a precondition to do the Japa. Casual chanting of Gayathri is to be avoided at all costs.

Sit down and face west

Chant Gayathri mantra at least 64 times in the evening.. Take care that the mantra is not heard to any one and if possible without the lips moving. Chant the mantra mentally – count using only hands covered with angavastram.

The hands with both palms joined (like you give Arghyam so that the palms are not completely joined and you can count). The traditional method of counting uses both the palms. Hold the palm together sideways in front of
your navel (stomach) during evening (see the pictures). There are three sets of lines on all the fingers except the thumb. Begin counting, using the right thumb, from the middle line on the ring finger. Move the thumb down to the bottom line of the same finger, then to the bottom line of the little finger and then move the thumb upwards on to the middle and top lines on the same finger and then along the top lines of the ring, middle and forefingers, and then finally move down on to the middle and bottom lines of the forefinger, all in a clockwise direction to complete ten counts of the Gayathri mantra japa. Now return to the middle line of the ring finger from where the counting started, in anti clock wise direction in the same manner thus completing the next ten counts. Keep repeating this process till the desired number of counts is completed.

“Om bhoor-buvah-suvaha, 
Ttat savitur-varenyam, 
Bhargo devasya dheemahi, 
Dhiyo yo nah prachodayaat”

10. Do Praanaayaamaha as in Part I - Step 3 (Sit down and face west)

11. Gaayatree Upasthaanam

Request Gayathri Devi to return to her abode.

Stand up, face west and chant with Anjali Mudra (fold hands together)

'Saaya -sandhyaa-gayatree-upasthaanam karishye '
Bend down and touch the ground with the ring finger and then the forehead in the middle area of the eyebrows chanting the mantra below:

Uttame shikhare devi  
Bhoomyaam parvata moordhani  
Braahmanebhyo hyanujnaanam  
Gachcha devi yathaa-sukham

12. Surya Upasthanam

Send off of the Sun God.

**Stand up, face west and chant with Anjali Mudra (fold hands together)**

**During evening (Saayam-sandhya)**

Imam-mae varuna shrudhee-hava madyaa-cha-mrudaya  
Tvaama vasyu-raacchake  
Tatvaa-yaami brahmanaa vandamaanas tadaashaaste yajamaano havirbhihi  
Ahdedamaano varuneha bodhi-urushagm sa-maa-na aayuh-pramosheehi  
Yat-chiddhite visho yathaa pradeva varuna vratham  
Minee-masidya-vidyavi  
Yatkinchedam varuna devyai jane-abhi droham manushyaash-charaamasi  
Achitth-tyattava dharma yuyopima maanas tasmaa denaso deva reerishaha  
Kitavaaso yad-riripur na-deevi yadvaaghaa satyam uta-yanna-vidma  
Sarvaataa vishya shithireva deva-athaa te-syaama varuna priyaasaha

13. Samashti Abhivaadanam

Sins committed out of ignorance under the compulsion of desire or anger may please be forgiven.

**Stand up, face west**
Stand up, starting from west (during Saayam-sandhya), where the Gayatri japam was done, after each mantra turn 90 degrees to the right.

**Chant with Anjali Mudra (fold hands together)**

![Anjali Mudra](image)

Sandhyaayai namaha (Face West)
Saavitryai namaha (Face North)
Gaayatryai namaha (Face East)
Sarasvatyai namaha (Face South)

**Chant with Anjali Mudra (fold hands together) facing the west**

Sarvaabhyo devataabhyo namaha

Kaamo-akaarsheen-manyur-akaarsheen namo namah

**14. Do Abhivaadanam and Namaskaram (Prostrate) (Face west)**

**Check with your family elders or priest on this.**

Cover both ears with hands, slightly bow and chant:

![Prostrate](image)

Abhivaadaye (Tell your rishis) (Tell number) Risheya
* Triaarshheya (for 3 rishis) or
* Panchaarsheya (for 5 rishis)
(Tell your pravara) pravaraanvita
(Tell your Gothra) gothraha
(Tell your Suthra) suthraha
(Tell your Veda) adhyaayee
Shree (Tell your name) sharmaa naama aham asmi bhooho
An example of Abhivaadanam is,

Abhivaadaye Vaishwamitra, Agamarshana, Koushiga Triaarsheya
Pravaraanvita
Kousiga gothraha
Aaapastamba sootraha
Yajuh-shaakhaaa-adhyaayee
Shree krishna sharmaa naama aham asmi bhoho

After this do Namaskaram (prostrate)

15. Dig-Devaataa-Vandanam

Salutations to all directions.

Stand up, face east and chant with Anjali Mudra (fold hands together)

Chant the following mantras with folded hands offer salutations to the different directions facing that direction:

Praachyai dishe namaha (Face East)
Dakshinaayai dishe namaha (Face South)
Prateechyai dishe namaha (Face West)
Udeechyai dishe namaha (Face North)
**Turn around, stand up, face west and continue chanting with Anjali Mudra (fold hands together)**

Oordhvaaya namaha (Pray with folded hands together and point above, sky)
Adharaaya namaha (Pray with folded hands together and point below, earth)
Antarikshaaya namaha (Pray with folded hands together and point above, sky)
Bhoomyai namaha (Pray with folded hands together and point above, earth)
Brahmane namaha (Pray with folded hands together and point above, sky)
Vishnave namaha (Pray with folded hands together and point above, sky)
Yamaaya namaha (Pray with folded hands together)

**16. Yama Vandanam**

Salutations to Lord Yama.

**Stand up, face south and pray with Anjali Mudra (fold hands together)**

Yamaaya dharma-raajaaya
Mrutyave cha-athakaaya cha
Vaivasvataaya kaalaaya
Sarvbhootha-kshayaaya cha
Audumbaraaya dhadhnaaya
Neelaaya parameshthine
Vrukodaraaya chitraaya chitruguptaaya vai namaha
Chitruguptaaya vai nama om namah iti

**17. Harihara/Ardhanari/Parabrahma Vandanam**

Salutations to Lord Harihara or Ardhanari or Parabrahma.

**Stand up, face west and pray with Anjali Mudra (fold hands together)**
18. Sarpa Raksha Mantram

Recite in the direction of river Narmada. Snakes gave a solemn promise to Rishi Astikar that they will not do harm to anyone who recite the following prayer.

**Stand up, face north and pray with Anjali Mudra (fold hands together)**

Narmadayai Nama-Prathaha
Narmadayai namo nisi
Namosthu narmadhe thubhyam
Trahi maam visha sarpathaha
Jarath karor
Jarath karvaam
Samuthpanno maha yacha
Aasthika Sathya santho maam
Pannagebhyo abhi rakshathu
Apa sarpa sarpa bhadram the
Dooram gacha maha yacha
Janamejayasya yagnanthe
Aasthika vachanam smaran

19. Soorya Narayana Vandana

This sloka permeates a highest sense of total surrender to the Lord – expected to stimulate a similar sense in the person who chants it.

**Stand up, face west and pray with Anjali Mudra (fold hands together)**
Namah savithre jagad-eka chakshushe
Jagatprasoothi-sthiti-naashahetave
Trayeemayaaya trigunaatmadhaarine
Virinchiaraayana shankaraatmane
Dhhyeyah sadaa savitru mandala
Madhyavartee naaraayanaha
Sarasijaasana sannivishtaha
Keyooravaan makarakundalavaan
Kireetee-haaree hiranmaya-vapuhu
Druta shanka chakraha
Shanka chakra gadaa-paane dvaarakaa-nilayaachyuta
Govinda pundareekaaksha raksha maam sharanaagatham
Raksha maam sharanaagatham om na iti

Aakaashaat patitam toyam yathaa gachchati saagaram
Sarvadeva namaskaaraaha keshavam pratigachcathi
Shree keshavam pratigachchatyom na iti

Do Namaskaram (prostrate).

20. Do Abhivaadanam and Namaskaram as in Part II - Step 14 (Face west)

21. Do Aachamanam and Angavandanam as in Part I - Step 1 (Face east (not west))

22. Samarpanam

Give away all the actions to the lord.

Continue to sit in Aachamanam posture facing east

Take an Uddharani (Aachamani or Spoonful) of water, pour it on the ground through your right palm and then recite the following mantra:

Chant with Anjali Mudra (fold hands together)
Kaayena vaachaa manas-endriyairvaa
Buddhyaa-aatmanaa vaa prakruteh svabhaavaat
Karomi yadyat sakalam parasmai naaraayanaayeti samarpayaami

Mantra-heenam kriyaa-heenam bhakti-heenam janaardana
Yat krutam tu mayaa deva paripoornam tadastu te.

Praayashchittaani asheshaa tabah karma aatma kaanivai,
Yaani teshaaam asheshaaanaam shree krishna-anu-smaranam param,
Shree krishna krishna krishna

Pour one Uddharani (Aachamani or Spoonful) of water into the Theertha Patram (Thamabalam or Plate) through your right palm while reciting the mantra below.

Om tat sat brahmaarpanam-astu

23. Raksha

Protective Shield.

*Turn around, sit in Aachamanam posture facing west*

Take small quantity of water in the right hand, rotate and sprinkle it above ones own head (Prokshanam) saying:

Adyaa no deva savitaha prajaavatsaaveehi saubhagam,
Paraa dushvapniyagm-suva,
Vishvaani deva savitaha duritaani paraasuva,
Yad bhadram tanma aasuva

Then touch the ground with ring finger and place it in the forehead.

Remove the Pavithram, unwind it, and put in on north side (left hand side) and wash your hands (both sides) with water.

24. Do Aachamanam and Angavandanam as in Part I - Step 1 *(Turn around and face east)*
Pour one Uddharani (Aachamani or Spoonful) of water into the Theertha Patram (Thamabalam or Plate) through your right palm while reciting each mantra below.

Om Shree Gayathriye Namaha
Om Shree Sandhyayae Namaha
Om Shree Krishnarpanamasthu
1.20. **Samidaa Dhaaanam (Nithya Karma – Brahmachari’s only)**

Please refer to Section 3 Sub Section 1.4. The ritual is the same every day with no changes/exceptions.
4 Gayathri Japam Steps (Next Day Morning)

1.21. **Snanam (Nithya Karma)**

Take head bath and wear Vastram and upavastram. Gruhasta’s wear pancha kachchham or wear three ‘Dharbais’ (dried kora grass) in the right ear as Praayashchitta (atonement) for not having Sigai/Kudumi.

1.22. **Sandhya Vandanam (Nithya Karma - Prathas Sandhyam)**

Please refer to Section 3 Sub Section 1.3. The ritual is the same every day with no changes/exceptions.

1.23. **Samidaa Dhaaanam (Nithya Karma –Brahmarchari’s only)**

Please refer to Section 3 Sub Section 1.4. The ritual is the same every day with no changes/exceptions.
1.24. **Owpasanam and Vaisvathevam (Nithya Karma – Gruhasta’s Only)**

Home is considered the fittest place to carry out daily rituals of sacrifice and offerings to the gods (e.g. "sandhyavandana arghyam", "agni-sandhanam or agni hothram") as well human charity and expiation called "Vaisvadevam".

By self or with help of priests perform homams or rituals (e.g. Ganapathi Homam) using Agni (Fire). Offer food/charities to aththis (guests and poor), cows/birds/animals.
1.25. **Gayathri Japam**

*Chant,*

Om Sri Guribhyo Namah Harihi Om

Om Gananaam Twa Ganapathigam Hawamahe Kavim Kavinam Upamasrava Stamam Jyeshtarajam Brahmannam Brhmanaspathaa Naha Sravann Ooti Bhiseetha Sadanam

Om Shri Maha Ganapathaye Namah

Vakra Tunda Mahaa Kayaa Soorya Koti Sama Pradha Nirvignam Kurume Devaa Sarva Karryeshu Sarvadaa Agajaanan Padmaargam Gajaananam Akalmitam Anekkadnatam Bhaktaanaam Ekdadatnam Upaasmahe

**1. Aachamanam and Angavandanam**

*Face east*

Clean the interior by sipping of water with mantra and clean the exterior by touching the various organs and reciting divine names. Sit with hands between hunched legs as shown in the picture below. Bend all the fingers except the thumb and the little finger to form space enough for an ‘Uddharani’ (Spoon) full of water. Take very small quantity of water in the palm and sip (as ‘Brahma Thirtha’) after each mantra. Sip the water from the palm each time uttering the following mantras:

1. Om achyutaaya namaha
2. Om anantaaya namaha
3. Om govindaaya namaha

Put little water on the base of thumb and wipe the mouth. Repeat this twice. Clean the palm.
*Continue to sit in Aachamanam posture and perform ‘Angavandanam’.*

Uttering the following six pairs of mantras, touch the various parts of the body with the respective fingers of the right hand, against each pair. Make sure the tip of the forefinger touches the thumb in the first mantra and the thumb touching the respective fingers while doing the remaining pairs.

- Touch with thumb both cheeks saying Keshava-Naaraayana
  ![Image of thumb on cheeks](image1)

- Touch with ring finger both eyes saying Maadhava-Govinda
  ![Image of ring finger on eyes](image2)

- Touch with the first/index finger both sides of nose saying Vishno-Madhusoodana
  ![Image of index finger on nose](image3)

- Touch with little finger both ears saying Trivikrama-Vaamana
  ![Image of little finger on ears](image4)

- Touch with the middle finger both shoulders saying Shreedhara-Hrusheekesha
  ![Image of middle finger on shoulders](image5)
• Touch with all fingers the belly button saying Padmanaabha

• Touch with all fingers the head saying Daamodara

Keep two katta darabhais under the folded legs or asanam by chanting:

**Darbesh Vaaseena:**

After this wash the palms (both sides) with water.

Wear the Pavithram (Katta Darabhai Ring made of two katta darbhais) in right hand ring finger by chanting:

**Pavitrham Truthva**
Fold two katta darbhis and keep it around ring finger as seen in the pictures below by chanting: (do not hold the nose as seen in the picture, just wear it)

**Darbhaan Dhaaryamaana:**

![Image of hands demonstrating Darbhaan Dhaaryamaana]

2. Ganapathi/Vigneshwara Dhyaanam

**Face east, continue to sit in aachamanam posture**

Pray to Lord Ganesha, who has a serene smile, white like a moon clad in white cloth to remove all obstacles. Recite the following mantra slowly tapping the two sides of the forehead (5 times) with both fists together.

![Image of Lord Ganesha]

Om
Shuklaambaradharam vishnum
Shashivarnam chathurbhujam
Prasannavadanam dhyaayet
Sarvavighna upashaantaye

3. Praanaayaamaha

**Face east, continue to sit in aachamanam posture**

This step requires empty or near-empty stomach as it deals with yogic breathing or regulation of breath. Ironically the timings of *Maadhyaahnikam* and *Brahma Yajnam* at 12.00 PM before lunch adhere to it as well. Fold the index and the middle fingers. Press the right nostril with the thumb and the left with the ring and little fingers. There are three parts in this mantra. The first part is from ‘Om bhoohu’ to ‘Ogm satyam’. The next part is from ‘Om tat’ to ‘Prachodayat’ and the third part is from ‘Om-aapo’ to ‘Bhoor-bhuvas-suvarom’. Inhale through the left nostril reciting mentally, the first part of the mantra. Hold the breath during the second part and breathe out through the right nostril reciting the third part. This entire process is one
‘Praanaayaama’ or yogic breathing. If you cannot do this process, at least hold both nostrils and do not breathe while reciting the following mantra:

Om bhoohu om bhuvaha ogm suvaha om mahaha
Om janaha om tapaha ogm satyam
Om tat savitur varenyam bhargo devasya dheemahi
Dhiyo yo nah prachodayaat
Om aapo jyoteeraro-amrutam brahma
Bhoor-bhuvas-suvarom

Touch the right ear and say three times,

Om, Om, Om

4. Sankalpaha

Indicates the determination to do an action with the understanding that the Lord Parameshwara is the Phaladhata.

*Face east, continue to sit in aachamanam posture*

Keep the right palm inside the left palm and keep the palms on the right thigh and recite the following mantra:
The symbol ** in the manta below indicates based on the country, the date and time you do this Sankalpaha certain things change like star, month, day, etc. Please check with a qualified priest on the exact aspects of it. If you do not know replace it with "Suba" (means auspicious) e.g. sarvajit naama samvatsare will be "Suba Naama Samvatsare".

Mamopaatta samasta-durita-kshaya-dvaaraa
Shree parameshvara preetyartham

Thatheva lagnam sudhinam thadaiva
Tharaabalam chandraabalam thadaivaa
Vidhyaabalam daivabalam thatheva
Sri lakhipathe an griyugam smaraami - apavithra pavithrova sarvaa vasthaam
Gathopivaa - yasmareth pundareekaaksham - sabaahya abhyanthara
Suchihi
Maanasam vaachikam paapam - karmanaam samupaarjitham - sri rama
Smaranenaiva vyapohathi na-sam sasayaha
Sri rama, rama rama - thithir vishnu - thathaa varah nakshatram
Vishnurevacha yogascha karanam chaiva sarvam vishnu mayam jagath
Sri govinda, govinda, govinda
Adhya sri bagavathaha
Maha purushasya
Vishnoh aagnaya
Pravarthamaanasya
Shubhe dine shobhane muhoorthe
Adya brahmanaha
Dwitheeya parardhe
Swetha varaaha kalpe
Vivaswatha manwanthare
Ashtaavigum sathi thame
Kaliyuge
Prathame paadhe
Jumboo dweepe
Bhaaratha varshe
Bharatha kande
Meroho: dakshine paarshwe dandahaaranye shaalivahana sakaabde
Asminnu varthamaane
Vyaava haarike
Prabavaadheenam shashtya
Samvatsaraanam madhye
**----- naama samvatsare
**----- dakshinaayane
**----- rithow
**----- mase
**----- pakshe
**----- Paurnimaasyaam
Subhathithow vaasaraha
**----- vaasara yukthaayaam
**----- nakshatra ukthaayaam
Sreee vishnu yoga sri vishnu karana subayoga
Subakarana
Evam guna sakala viseshana visishtayaam
Asyaam varthamaanaayaam
**----- Pournimaasyaam subhathithow

Mamo pakta samsta durita kshya dwaara
Sree parameshwara preetyartham

**Please repeat the following two times.**

Thaishyam prathamaayaam mithya dheetha dosha prayaschithartham,
Dhoshavath apanthaneeya prayaschithartham samvatsara
Prayaschithaartham cha ashtoththara sahasra sangyaya (1008) gayathri
Mahamantra japam adhya karishye
Remove the two dharbhas and put it on the north side (which
you kept between the Pavithram).

After this wash the palms (both sides) with water. (Apa Upa Prasya)

**5. Pranava Japam**

Each and every mantra in the Vedas has a Rishi, who has seen it, a meter
(chandhas) and a devata who is invoked by the mantra. Mantras are more
effective if these are remembered before reciting it. By touching the head
you mentally bow to the rishi who has seen it, touch the upper lip/nose to
signify the meter and the chest to meditate on the devata.

**Sit down and face east**
Pranavasya Rishih-brahmaa (Touch the forehead with fingers)
Devee Gaayatree chandaha (Touch below the nose with fingers)
Paramaatmaa devataa (Touch the middle of the chest with fingers)

**Touch the forehead with fingers and recite,**

Bhooraadi saptavyahrtteenaam Atri bhrugu kutsa vasishtha gautama
Kaashyapa aangirasa rishayaha

**Touch below the nose with fingers and recite,**

Gaayatree ushnig anushtup bruhattee Pankti trishtup jagatyah chandaamsi

**Touch the middle of the chest with fingers and recite,**

Agni vaayu arka vaagesha varuna Indra vishvedevaa devataaha

Savithryaa rishih vishvaamitraha (Touch the forehead with fingers)
Devi-gaayatree chandaha (Touch below the nose with fingers)
Savitaa devataa (Touch the middle of the chest with fingers)

6. Do Praanaayaamaha as in Part I - Step 3 *(10 times)* *(Sit down and face east)*

7. Gaayatree Aavaahanam

Prayer to Gayathri Devi to occupy the lotus of the individual’s heart.

**Sit down and face east**
Aayaatu Itya-nuvaakasya vaamadeva rishihi (Touch the forehead with fingers)
Anushtup chandaha (Touch below the nose with fingers)
Gaayatree devataa (Touch the middle of the chest with fingers)

**Anjali Mudra (fold hands together)**

![Anjali Mudra Image]

Aayaatu varadaa devee
Aksharam brahma-sammitam
Gayatreeem chandasaam maatedam
Brahma jushasva naha
Ojo’si saho’si balamasi bhraajo’si
Devaanaam dhaama naamaasi
Vishvamasi vishvaayuhu
Sarvamasi sarvaayuhu

While reciting the last three mantras, after ‘Aavaahayaami’, keep both the palms together (**‘Avahana Mudra’**) and then slowly take the fingers towards oneself towards the chest, and bring it back to original position after each rotation.

![Avahana Mudra Image]

Abhi bhoorom
Gaayatreem aavaahayaami
Saavitreem aavaahayaami
Saravasateem aavaahayaami

**8. Gaayatree Nyaasaha**

**Sit down and face east**

![Gaayatree Nyaasaha Image]
Savithryaa rishih vishvaamitraha (Touch the forehead with fingers)
Nichrut-gaayatree chandaha (Touch below the nose with fingers)
Savitaa devataa (Touch the middle of the chest with fingers)
Jape Viniyogaha

9. Gaayatree Japam

**Central theme of the Sandhya Vandanam worship.** The very elaborate preamble indicates the importance of the purification of both the mind and the body as a precondition to do the Japa. Casual chanting of Gayathri is to be avoided at all costs.

**Stand up and face East**

Chant 1008 times of Gayathri mantra at this time. Take care that the mantra is not heard to any one and if possible without the lips moving. Chant the mantra mentally – count using only hands covered with angavastram.

The hands with both palms joined (like you give Arghyam so that the palms are not completely joined and you can count). The traditional method of counting uses both the palms. *Hold the palm together sideways in front of your face during morning* (see the pictures). There are three sets of lines on all the fingers except the thumb. Begin counting, using the right thumb, from the middle line on the ring finger. Move the thumb down to the bottom line of the same finger, then to the bottom line of the little finger and then move the thumb upwards on to the middle and top lines on the same finger and then along the top lines of the ring, middle and forefingers, and then finally move down on to the middle and bottom lines of the forefinger, all in a clockwise direction to complete ten counts of the Gayathri mantra japa. Now return to the middle line of the ring finger from where the counting started, in anti clock wise direction in the same manner thus completing the next ten counts. Keep repeating this process till the desired number of counts is completed.
“Om bhoor-buvah-suvaha
Ttat savitur-varenyam
Bhargo devasya dheemahi
Dhiyo yo nah prachodayaat”

10. Do Praanavaamaha as in Part I - Step 3 (Stand up and face east)

11. Gayatri Upasthaanam

Request Gayathri Devi to return to her abode.

*Stand up, face east and chant with Anjali Mudra (fold hands together)*

‘*Gayatree-upasthaanam karishye* ’

Bend down and touch the ground with the ring finger and then the forehead in the middle area of the eyebrows chanting the mantra below:
Uttame shikhare devi
Bhoomyaam parvata moordhani
Braahmanebhyo hyanujnaanam
Gachcha devi yathaa-sukham

12. Surya Upasthanam

Send off of the Sun God.

*Stand up, face east and chant with Anjali Mudra (fold hands together)*

Om mitrasya charshanee-dhruatah shravo devasya-saanasim
Satyam chitrashravastamam
Mitro-janaan yaatayati prajaanan mitro daadhaara pruthivee-mutadyaam
Mithrah-krushteer-animishaa-abhichashte
Satyaaya havyam krutavad-vidhema
Prasa-mitra marto asthu prayasvaan yasta aaditya shikshati vraten
Na hanyate na jeeyate tvoto nainam agm ho ashnoth anti-to na dooraat

13. Samashti Abhivaadanam

Sins committed out of ignorance under the compulsion of desire or anger may please be forgiven.

*Stand up, face east*

Stand up, starting from east (during Praatah-sandhya), where the Gayatri japam was done, after each mantra turn 90 degrees to the right.

*Chant with Anjali Mudra (fold hands together)*
Sandhyaayai namaha (Face East)
Saavitryai namaha (Face South)
Gaayatryai namaha (Face West)
Sarasvatyai namaha (Face North)

*Chant with Anjali Mudra (fold hands together) facing the east*

Sarvaabhyo devataabhyo namaha
Kaamo-akaarsheen-manyur-akaarsheen namo namah

14. Do Abhivaadanam and Namaskaram (Prostrate) (Face east)

**Check with your family elders or priest on this.**

Cover both ears with hands, slightly bow and chant:

Abhivaadaye (Tell your rishis) (Tell number) Risheya
* Triaarsheya (for 3 rishis) or
* Panchaarsheya (for 5 rishis)
(Tell your pravara) pravaraanvita
(Tell your Gothra) gothraha
(Tell your Suthra) suthraha
(Tell your Veda) adhyaayee
Shree (Tell your name) sharmaa naama aham asmi bhoho
An example of Abhivaadanam is,

Abhivaadaye Vaishwamitra, Agamarshana, Koushiga Triaarsheya
Pravaraanvita
Kousiga gothrahaha
Aaapastamba sootrahaha
Yajuh-shaakhaaa-adhyaayee
Shree krishna sharmaa naama aham asmi bhoho

After this do Namaskaram (prostrate).

15. Dig-Devaataa-Vandanam

Salutations to all directions.

Stand up, face east and chant with Anjali Mudra (fold hands together)

Chant the following mantras with folded hands offer salutations to the different directions facing that direction:

Praachyai dishe namaha (Face East)
Dakshinaayai dishe namaha (Face South)
Prateechyai dishe namaha (Face West)
Udeechyai dishe namaha (Face North)
Stand up, Face east and continue chanting with Anjali Mudra (fold hands together)

Oordhvaaya namaha (Pray with folded hands together and point above, sky)
Adharaaya namaha (Pray with folded hands together and point below, earth)
Antarikshaaya namaha (Pray with folded hands together and point above, sky)
Bhoomyai namaha (Pray with folded hands together and point above, earth)
Brahmane namaha (Pray with folded hands together and point above, sky)
Vishnave namaha (Pray with folded hands together and point above, earth)
Yamaaya namaha (Pray with folded hands together)

16. Yama Vandanam

Salutations to Lord Yama.

Stand up, face south and pray with Anjali Mudra (fold hands together)

Yamaaya dharma-raajaaya
Mrutyave cha-anthakaaya cha
Vaivasvataaya kaalaaya
Sarvabhoortho-kshayaaya cha
Audumbaraaya dhadhnaaya
Neelaaya parameshthine
Vrukodaraaya chitraaya chitraguptaaya vai namaha
chitraguptaaya vai nama om namah iti

17. Harihara/Ardhanari/Parabrahma Vandanam

Salutations to Lord Harihara or Ardhanari or Parabrahma.

Stand up, face west and pray with Anjali Mudra (fold hands together)
Ruthagm satyam param brahma
Purusham Krishna-pingalam
Oordhvaretam viroopaaksham
Vishvaroopaya vai namo namaha
Vishvaroopaya vai nama om nama iti

18. Sarpa Raksha Mantram

Recite in the direction of river Narmada. Snakes gave a solemn promise to Rishi Astikar that they will not do harm to anyone who recite the following prayer.

**Stand up, face north and pray with Anjali Mudra (fold hands together)**

Narmadayai Nama-Prathaha
Narmadayai namo nisi
Namosthu narmadhe thubhyam
Trahi maam visha sarpathaha
Jarath karor
Jarath karvaam
Samuthpanno maha yacha
Aasthika Sathya santho maam
Pannagebhyo abhi rakshathu
Apa sarpa sarpa bhadram the
Dooram gacha maha yacha
Janamejayasya yagnanthe
Aasthika vachanam smaran

19. Soorya Narayana Vandanam

This sloka permeates a highest sense of total surrender to the Lord – expected to stimulate a similar sense in the person who chants it.

**Stand up, face east and pray with Anjali Mudra (fold hands together)**
Namah savithre jagad-eka chakshushe
Jagatprasooti-sthiti-naashahetave
Trayeemayaaya trigunaatmadhaarine
Virinchinaarayana shankaraatmane
Dhyeyah sadaa savitru mandala
Madhyavartee naaraayanaha
Sarasijaasana sannvishtaha
Keyooravaan makarakundalavaan
Kireetee-haaree hiranmaya-vapuhu
Druta shanka chakraa
Shanka chakra gadaa-paane dvaarakaa-nilayaachyuta
Govinda pundareekaaksha raksha maam sharanaagatham
Raksha maam sharanaagatham om na iti

Aakaashaat patitam toyam yathaa gachchati saagaram
Sarvadeva namaskaarah keshavam pratigachcathi
Shree keshavam pratigachchatyom na iti

Do Namaskaram (prostrate)

20. Do Abhivaadanam and Namaskaram as in Step 14. (*Face east*)

21. Do Aachamanam and Angavandanam as in Step 1 (*Face east*)

22. Samarpanam

Give away all the actions to the lord.

Continue to sit in Aachamanam posture facing east

Take an Uddharani (Aachamani or Spoonful) of water, pour it on the ground through your right palm and then recite the following mantra:
**Chant with Anjali Mudra (fold hands together)**

![Anjali Mudra Image]

Kaayena vaachaa manas-endriyairvaa  
Buddhyaa-aatmanaa vaa prakruteh svabhaavaat  
Karomi yadyat sakalam parasmai naaraayanaayeti samarpayaami

Mantra-heenam kriyaa-heenam bhakti-heenam janaardana  
Yat krutam tu mayaa deva paripoornam tadastu te

Praayashchittaani asheshaani tabah karma aatma kaanivai,  
Yaani tesaam asheshaanaam shree krishna-anu-smaranam param  
Shree krishna krishna krishna

Pour one Uddharani (Aachamani or Spoonful) of water into the Theertha Patram (Thamabalam or Plate) through your right palm while reciting the mantra below.

Om tat sat brahmaarpanam-astu

**23. Raksha**

Protective Shield.

**Continue to sit in Aachamanam posture facing east**

Take small quantity of water in the right hand, rotate and sprinkle it above ones own head (Prokshanam) saying:

Adyaa no deva savitaha prajaavatsaaveehi saubhagam,  
Paraa dushvapniyagm-suva,  
Vishvaani deva savitaha duritaani paraasuva,  
Yad bhadram tanma aasuva

Then touch the ground with ring finger and place it in the forehead.

Remove the Pavithram, unwind it, and put in on north side ((left hand side) and wash your hands (both sides).

**24. Do Aachamanam and Angavandanam as in Step 1 (Face east)**
Pour one Uddharani (Aachamani or Spoonful) of water into the Theertha Patram (Thamabalam or Plate) through your right palm while reciting each mantra below.

Om Shree Gayathriye Namaha
Om Shree Sandhyayae Namaha
Om Shree Krishnarpanamasthu
1.26. **Sandhya Vandnam (Nithya Karma - Madhyanikam)**

Please refer to Section 3 Sub Section 1.9. The ritual is the same every day with no changes/exceptions.

1.27. **Brahma Yajnam (Nithya Karma)**

Please refer to Section 3 Sub Section 1.10. The ritual is the same every day with no changes/exceptions.

1.28. **Sandhya Vandnam (Nithya Karma - Sayaam Sandhyam)**

Please refer to Section 3 Sub Section 1.19. The ritual is the same every day with no changes/exceptions.

1.29. **Samidaa Dhaaanam (Nithya Karma - Brahmachari’s only)**

Please refer to Section 3 Sub Section 1.20. The ritual is the same every day with no changes/exceptions.
5 Appendix A – What to Cook

1. On the Upakarma day, strictly speaking, the rule is to eat only after Bhagavad-aradhana and the homam. If done properly this lasts well into the afternoon. Because of the length of the procedure, young brahmacharis and those others who are absolutely unable to bear their hunger are permitted to eat before the homam itself. The typical meal consists of idli and appam, but usually excludes rice. Complete fasting is observed after this through the night, in preparation for the next day’s Gayatri japam. In some traditions one meal is eaten during the day and phalaharam is observed at night. As per the rituals, all the male members should have a light meal at night on the day of Avani Avittam.

2. Neivedhyam for Homam (Fire Ritual) - Green Gram, Dhal or Kondai Kadalai Sundal are offered as Neivedhyam for the homam.

3. Neivedhyam – Idli, Appam, Payasam, Vadai, Gingely seeds and Rice. The other items that are served on this day are Curd Pachadi, Kosumalli Curry, Koottu, Pitlay, Buttermilk, Rasam, Dhal and Appalams.

4. The Sravana Homam is performed either in the house or in temples and the Arti is performed after everyone returns home.

5. On the next day after ‘Gayathri Japam’ is performed, Appam & Idli should be cooked and served which is the tradition of the day.
6 Appendix B – Dakshinai

Rice, Dhal, Ghee, Jaggery, Beatle leaves, Nuts, Fruits, Money, Flowers, etc. to be given along with Vaadhyar Sambhavanai (Priest Dhakshinai)

If a priest is performing this ritual then you have to offer him the above else if you are performing it at home light the oil/ghee lamp, offer flowers, neivedhiyam and aarthi to the Lord.


7 Appendix C – How to wear Pancha Kachcham

**Wear Pancha Kachcham with mantras** (Wearing the Veshti as per the orthodox way)

**Vasthtra Dharanam - Dharana Mantra.**

Prokshananam to be made on the 'vasthram' by saying

"*Om Bhoorbhuvassuvaha Suseevo havya maruthaha suseenaam | Ruthena sathyam Ruthasaapa aayan | Susijanaanaha suchayaha paavakaaha || "

After prokshananam take all the vasthram in hands and show them to Sun (light) and say:

"*Udhuthyam jaadhavedhasam devam vahanti kethavaaha, dhruse visvaaya suryammm" :

Then shake down the vasthram by saying :

"*Avadhoodham Rakshaha Avadhoodha Aradhayaha " |

Then tie the samll vasthram 'uthriyam' round the head. Role the 'poonal' in the right ear. And say:

"*Avahanthi vidhanvaanaaha Kurvaanacheeram athmanaha | Vaasagumsi mamaghavachcha anna paanecha sarvadha | Thathome sriyamaavaha |

Wear 'Kaubeenam' (Komanam or under wear) and remove the wet cloth.

Now start wearing the big / long veshti (vasthram) following these steps.


![Image of a person wearing Pancha Kachcham](image-url)
Hold the vasthram putting it behind you by left hand at one end and at 6th feet by right hand. Measure exactly 3 feet from that left end.

Hold the new point (3 feet) by left hand by leaving the end move round the left hand to the point 3 inches up and 3 inches right to the 'naabhi' put the 3 feet point there and hold it there firmly by left hand now move round the right hand with the 6 feet point over left hand and place it at a point 3 inches up and 3 inches left to the 'naabhi' and tight it as much as you can by pulling both hands in opposite directions now check there should be no shrink in the edge of the vasthram tightened around the body (now is the tricky job which is a little hard to practice and it is little more hard for persons who have bunch of hairs all over the body) now slightly curl (out) the top edge of the vasthram where holding by left hand keep hold of it do not allow to go loose while curling

(it is nothing but as like as wearing a 'kaili / lungi') then do slightly curl by right hand as did by left hand, now your left hand will get free and move it some small distance towards your back and curl there (I hope you got the idea) yes, curl all over the edges the curl of the vasthram should be very slim as much as you can to get the required tightness now check, where the top of the curled vasthram and move it down to the circle, 4 inches below the 'naabhi' or at 'low hib'
Now you will have two edges, the left side will be small and inner, the right side will be long and outer take the inner left edge to your left hand and fold it to 4 inches breadth along the edge (if you want to beautify the fold:

Insert it at any point in the front curl and straighten the folds by holding the top and next folds it in a straight position by left hand and deeply pressing at the fold edge by right hand, do it repeatedly for all the successive folds by adding one by one) send the folded vasthram between the two legs to the back side and insert it in the curl of the vasthram at the center of the back check there should be no twist in the folds now put the bottom edge of the vasthram at the tip of the left leg on the floor and put the big leg finger on it to hold it.

Collect the loose cloth between two thighs and shrink and twist at one point by which the vasthram should get tight around the 'jatty' insert this twisted end at the front curls center and leave the vasthram below the left leg big finger now come to the other right end of the vasthram and fold it along the length wise about five to six inches breadth and insert the folds above the previously inserted position.

Now catch the remaining one corner of vastram which is hanging straightly below the insertion and take it up and make some folds on it then insert this fold also at the same place. This is the completion of wearing 'Pancha Kachcham'.

E-mail: girlishsai@yahoo.com
Fold the Uthriyam or samll veshti as shown and tie it around the hip. Now bring the poonal to usual place.
8 Appendix D – Bhojana Vidhi

Summary Meaning:

Before we partake of our daily meals we first sprinkle water around the plate as an act of purification. Five morsels of food are placed on the side of the plate acknowledging the debt owed by us to the Divine forces (devta runa) for their benign grace and protection, our ancestors (pitru runa) for giving us their lineage and a family culture, the sages (rishi runa) as our religion and culture have been "realised", maintained and handed down to us by them, our fellow beings (manushya runa) who constitute society without the support of which we could not live as we do and other living beings (bhuta runa) for serving us selflessly.

Thereafter the Lord, the life force, who is also within us as the five life-giving physiological functions, is offered the food.

Keep a tumbler of water before sitting to eat. Keep the plate touched with the right hand ring finger while the food is being served. Then while performing the mantra using the right hand keep touching the plate with the left ring finger. This action is repeated alternatively along the mantra.

Take water into the hand and circumambulate the plate with water chanting the following mantra:

Om bhoorbavasuv (Sprinkle a little water over the food)

Tatsa vithur vare inyam bhago devasya dheemahi dhi yoyana
Pracho daya yaatu

Perform the circumambulation of the plate with water twice again.

Deva savita prasuva:

Satyam twartena parishimchaami (During Day)
Rutam tva satyena parishimchaami (During Night)

Amaritopas taranamasi

Using the thumb, middle and ring fingers, take a few morsels of food and swallow each time chanting each mantra.
Praanaaya swaha
Apaanaaya swaha
Vyaanaaya swaha
Udhanaaya swaha
Samaanaaya swayya
Brahmmane swaha

Drop a little water on the left side of the plate, soak the left ring finger with water and touch the chest (heart area) chanting this mantra and start eating the food. After you are done eating pour little water into your palm and take a sip of water chanting the following mantra.

Brahmmanime aatma amrutatvaaya

This concludes the ritualistic process of eating food.
9 Appendix E – Surya Namaskaram

Sandhya Gayathri Japa Vidhaanam (Namaskara Mantra)

Summary Meaning:

Surya Namaskara or Sun Salutation is a common sequence of Hatha yoga asanas. This sequence of movements and poses can be practised on varying levels of awareness, ranging from that of physical exercise in various styles, to a complete sadhana which incorporates asana, pranayama, mantra and chakra meditation.

Surya Namaskara, like most yogasanas must be performed only on an empty stomach. Therefore there must be a gap of at least two hours after eating and before performing the namaskara. It is generally practiced in the morning or in the evening (after Sandhya Vandhanam) Surya Namaskaras are performed on a mat not on the floor.

Stand facing east with folded hands. Prostrate at the end of each of the following two verses given below. The ten steps of ‘Soorya Namaskara’ in the yogic system should be applied here. They are as follows. The inhaling in the beginning and the exhaling at the end of each step should be maintained throughout.

1. Stand erect facing east with folded hands. In this posture the elbows should be raised to the chest level.

2. Raise the folded hands straight over the head. Ensure that the elbows too remain straight without a bend.

3. Now bend down to the front and place both the palms pressed flat on the floor. Ensure that the knees are kept erect without bending.

4. Now stretch both the legs backwards, one after the other. Let both the legs rest on the toes. Ensure that the knees remain raised without touching the floor.

5. Now straighten yourself above the waist, to the front lifting up the head. Both hands should be kept straight resting on the palms.

6. Now prostrate flat on the floor folding the elbows in the same posture.

7. Stretch both the hands straight to the front on the floor and keep them clasped together.
Steps 8, 9 and 10. Now return to steps 3-1 in order to complete one namaskara. The above steps can be learned from a ‘yoga’ teacher or ‘Soorya Namaskara’ books for more precise understanding.

**Mantra –**

Namo Brahmanya-devaaya go-braahmana hitaaya cha
Jagatdhitaaya krishnaaya govindaaya namo namaha
Aa brahma-lokaad-aa sheshaat aalokaaloka-parvataaat
Ye vasanti dvijaa devaaha tebhyo nityam namo namaha

**Meaning of mantra –** Om! Salutations to God Brahman who provides for the welfare of cows and Brahmins, to Krishna, the knower of the Universe, Govinda (protector of cows). Salutation again and again. Salutation again and again always for those brahmins and gods who live on the mountains of surveillance who look at this world from Adisesha who is in the Brahmaloka.
Appendix D – Upakarma Ritual - More Information

Gayatri is depicted seated on a lotus. She is depicted with five faces representing the pancha pranas /pancha vayus(five lives/winds): prana, apana, vyana, udana, samana, of the five principles/ elements (pancha tatwas) earth, water, air, fire, sky (prithvi, jala, vayu, teja, aakasha). She has 10 hands carrying the five ayudhas: shankha; chakra, kamala, varada, abhaya, kasha, ankusha, ujjwala utensil, rudrakshi mala. This represents she is the combination of Brahma, Vishnu, Shiva and Shakthi carrying

Below is the religious rules to be followed for doing Upakarma as given in the book Samkshepa Dharma Sasthra, published from Madras as per the desire of late Paramacharya of Kanchi:

Upakarma (Annual redemption Ceremony):

This has to be observed both by Brahmacharis and family men. It consists of two parts. Upakarma (Redemption) and Uthsarjana (learning of Vedas). These help the already learnt Vedic chants shine with great vigour. Any actions done with such strengthened Vedic chants, would give good and better results. Due to our using Vedic chants for various purposes as well as our not being in a position to follow all the rules, make such chanting of Vedas very weak. So it is necessary to do Upakarma and Uthsarjana every year.

1. Kathyayana:

By the annual performance of Upakarma and Uthsarjana by the Brahmins, The power of the already learnt Vedic chants will increase.

2. Gargya:

Krishna Yajur Vedis should do it in the Pournamasya of the month of Sravana (avani in Tamil and Chingam in Malayalam. It occurs during august September), Rig Vedis in the Sravana Nakshatra of Sravana Masa. The day should not be the beginning of the month or eclipse. Upakarma should not be done if it is eclipse or first day of the month (Solar month)

3. Gobhila:

Krishna Yajur Vedis, who have learned the Taithreeya branch of the Krishna Yajurveda should do Upakarma on the full moon day of the month of Sravana. Rig Vedis should do it in Sravana (Thiruonam) star
and Sama Vedis should do it in Hastha star. For Krishna Yajur vedis, the pournami Thithi should be there from the morning till noon. This is called Oudhayakhi.

4. Smruthyanthara:

If Pournami and Prathama join after 12 nazhigai after sun rise (called Sangha kala - 4 hours 48 minutes) and before noon, that is the proper day for annual chant of Gayathri (Gayathri Japam). If it joins before this time then previous day is Upakarma and next day Gayathri Samitha Dhanam.

5. Thithi Darpanam:

Rig vedis should do Upakarma on the day when during sun rise Sravana star is there.

Yajur vedis should do when Pournami extends beyond 4 hours 48 minutes.

Sama Vedis should do it when Hastha Nakshatra extends beyond this time in month of Bhaadrapada (Purattasi/Kann/September-October). If the Simha Bhadrapada is not holy due to Moudya, then they (Sama Vedis) should do it in Kanya month during Krishna Paksha (waxing period of moon).

For Rik Vedis the lord of the Shaka (branch) is Guru, For Yajur vedis it is Shukra, for Sama Vedis it is Angaraka and for Atharva Vedis it is Bhudha. So they should do upakarma when the Lord of their Shakha is powerful. If these planets are in Moudya (powerless) or when there is eclipse or when there is month beginning, Upakarma should not be performed on that day.

For Yajur Vedis, Pournami in Sravana month is important. If it is bad then they can do in Pournami of Aashada (AAadi/karkidaka/july-august) month. If that also is bad, then they should do in the Pournami of Sravana month after carrying out redemption rituals.

Rik Vedis should do Upakarma in Sravana star in the month of Sravana. If there is dosha during that period, they can do it instead on a day in the same month when Hastha star and Panchami Thithi is together.

Shukla Yajur Vedis should do Upakarma on the full moon day of Sravana month. If that has dosha they can do it on Sravana star of the same month or on the day when star Hastha and Panchami thithi are together in the same month and if even that is unsuitable they can do it on the day when Hastha star is there in the Sravana month. They
can also do it in the full moon day of the Bhadhra pada month. The decision has to be made based on the family custom.

Brahmacharis should do Upakarma after hair cutting. Yajur Vedis should start learning Vedas (Uthsarjanam) on a full moon day of the Pushya month. If this is not suitable they can do it in Magha (Maasi/Kumbha/ February-march) month also.

6. Sandilya:

Upakarma should not be performed with wet cloths. If it is done, it is termed as Rakshasa. During Upakarma, a new sacred thread should be worn, That is Upakarma should be done with new cloths and new sacred thread by every one and in case of Brahmachari they should wear in addition a new belt, new deer’s skin and new staff. (wooden stick)

Subham