

श्रीः

SrI lakShmInRusiMha parabrahmaNE namaH



yajur upAkarma

OM SrIlakShmInRusiMhaparabrahmaNE namaH

(The list is Hyperlinked to the text)

yajur upAkarma

kAmOkArShIt manyurakArShIt
maha mantra japaH

kAnDa RuShi tarpaNaM

gAyatrI japaH

gOtra pravara

ACKNOWLEDGMENTS

Web Pages



(www.tripod.lycos.com)

Document Prepared using
Baraha multilanguage free software



(www.baraha.com)

Please forward suggestions/comments
to
trchari@yahoo.com

Transliteration Guide

<i>Translit</i>	<i>a</i>	<i>A</i>	<i>i</i>	<i>I</i>	<i>u</i>	<i>U</i>	<i>Ru</i>	<i>RU</i>
తెలుగు	అ	ఆ	ఇ	ఈ	ఉ	ఊ	ఋ	ౠ
కన్నడ	ಅ	ಆ	ಇ	ಈ	ಉ	ಊ	ಋ	ೠ
देवनागरी	अ	आ	इ	ई	उ	ऊ	ऋ	ॠ
தமிழ்	அ	ஆ	இ	ஈ	உ	ஊ	-	-

<i>Translit</i>	<i>e</i>	<i>E</i>	<i>ai</i>	<i>o</i>	<i>O</i>	<i>au</i>	<i>aM</i>	<i>aH</i>
తెలుగు	ఎ	ఏ	ఐ	ఒ	ఓ	ఔ	అం	అః
కన్నడ	ಎ	ಏ	ಐ	ಒ	ಓ	ಔ	ಅಂ	ಅಃ
देवनागरी	-	ए	ऐ	-	ओ	औ	अं	अः
தமிழ்	எ	ஏ	ஐ	ஒ	ஓ	ஔ	அம்	அஃ

<i>Translit</i>	<i>ka</i>	<i>Ka</i>	<i>ga</i>	<i>Ga</i>	<i>~ga</i>
తెలుగు	క	ఖ	గ	ఘ	ఙ
కన్నడ	ಕ	ಖ	ಗ	ಘ	ಙ
देवनागरी	क	ख	ग	घ	ङ
தமிழ்	க	க	க	க	ங

Transliteration Guide

<i>Translit</i>	<i>ca</i>	<i>Ca</i>	<i>ja</i>	<i>Ja</i>	<i>~ja</i>
తెలుగు	చ	ఛ	జ	ఝ	ఞ
కన్నడ	ಚ	ಛ	ಜ	ಝ	ಞ
देवनागरी	च	छ	ज	झ	ञ
தமிழ்	ச	ఛ	జ	ఝ	ఞ

<i>Translit</i>	<i>Ta</i>	<i>Tha</i>	<i>Da</i>	<i>Dha</i>	<i>Na</i>
తెలుగు	ట	ఠ	డ	ఢ	ణ
కన్నడ	ಟ	ఠ	డ	ఢ	ణ
देवनागरी	ट	ठ	ड	ढ	ण
தமிழ்	᳚	᳚	᳚	᳚	ణ

<i>Translit</i>	<i>ta</i>	<i>tha</i>	<i>da</i>	<i>dha</i>	<i>na</i>
తెలుగు	త	థ	ద	ధ	న
కన్నడ	ತ	ಥ	ದ	ಧ	ನ
देवनागरी	त	थ	द	ध	न
தமிழ்	த	த	த	த	ந, ன

Transliteration Guide

<i>Translit</i>	<i>pa</i>	<i>Pa</i>	<i>ba</i>	<i>Ba</i>	<i>ma</i>
తెలుగు	ప	ఫ	బ	భ	మ
కన్నడ	ಪ	ಫ	ಬ	ಭ	ಮ
देवनागरी	प	फ	ब	भ	म
தமிழ்	ப	ப	ப	ப	ம

<i>Translit</i>	<i>ya</i>	<i>ra</i>	<i>la</i>	<i>va</i>	<i>Sa</i>	<i>Sha</i>
తెలుగు	య	ర	ల	వ	శ	ష
కన్నడ	ಯ	ರ	ಲ	ವ	ಶ	ಷ
देवनागरी	य	र	ल	व	श	ष
தமிழ்	ய	ர	ல	வ	ശ	ష

<i>Translit</i>	<i>sa</i>	<i>ha</i>	<i>kSha</i>	<i>rxā</i>	<i>La</i>	<i>~M</i>	<i>zh</i>	<i>SrI</i>
తెలుగు	స	హ	క్ష	ఱ	ళ	ఁ	-	శ్రీ
కన్నడ	ಸ	ಹ	ಕ್ಷ	ಱ	ಳ	ಁ	-	ಶ್ರೀ
देवनागरी	स	ह	क्ष	-	ळ	ँ	-	श्री
தமிழ்	ஸ	ஹ	க்ஷ	ற	ள	~ம்	ழ	ஸ்ரீ

Transliteration Guide

<i>Translit</i>	<i>ka</i>	<i>kA</i>	<i>ki</i>	<i>kI</i>	<i>ku</i>	<i>kU</i>	<i>kRu</i>	<i>kRU</i>
తెలుగు	క	కా	కి	కీ	కు	కూ	కృ	కౄ
కన్నడ	ಕ	ಕಾ	ಕಿ	ಕೀ	ಕು	ಕೂ	ಕృ	ಕೄ
देवनागरी	क	का	कि	की	कु	कू	कृ	कृ
தமிழ்	க	கா	கி	கீ	கு	கூ	கృ	கౄ

<i>Translit</i>	<i>ke</i>	<i>kE</i>	<i>kai</i>	<i>ko</i>	<i>kO</i>
తెలుగు	కె	కే	కై	కొ	కో
కన్నడ	ಕೆ	ಕೇ	ಕೈ	ಕೊ	ಕೋ
देवनागरी	-	के	कै	-	को
தமிழ்	கெ	கே	கை	கொ	கோ

<i>Translit</i>	<i>kau</i>	<i>kaM</i>	<i>kaH</i>
తెలుగు	కౌ	కం	కః
కన్నడ	ಕೌ	ಕಂ	ಕః
देवनागरी	कौ	कं	कः
தமிழ்	கௌ	கம்	கஃ

श्रीः

yajur upAkarma

kAmOkArShIt manyurakArShIt mahA mantra japaH

After the ritual bath, wear fresh clothes (maDi clothes), and facing East::

Acamana ::

acyutAya namaH, anantAya namaH -----

prANAYama :: (sprinkle water—prokshaNa—on the place to be seated, and sit in Asana)

OM BUH, OM BuvaH, OM suvaH, -----

daiva, dEvata, guru vandana ::

OM SrIlakShmInRusiMha parabrahmaNE namaH
SrI padmAvatI samEta SrI vE~gkaTESAya namaH
SrI viShNavE paramAtmanE namaH
SrImatE rAmAnujAya namaH
SrI nigamAnta mahAdESikAya namaH
SrI sAyirAM

OM asmad guruByO namaH
OM asmad parama guruByO namaH
OM asmad sarva guruByO namaH
SrImatE SrI AdivaN SaThakOpa yatIndra
mahA dESikAya namaH
mAtA pitAyai namaH

yasyABavadBakta janArtihantuH
pitRutvamanyEShvavicArya tUrNam |
stamBE{a}vatArastamananyalaByaM
lakShmI nRusiMhaM SaraNaM prapadyE||

SrImAn vE~gkaTanAthAryaH kavItArkikakEsarI |
vEdAntA cArya varyOmE sannidhattAM sadAhRudi ||
guruByastad guruByaSca namOvAkamadhImahE |
vRuNI mahE ca tatrAdyau daMpatI jagatAM patI ||
SrImannaBIShTha varada | tvAmasmi SaraNaMgataH||
svaSESha BUTEna mayA svIyaiH sarva paricCadaiH |
vidhAtuM prItamAtmAnaM dEvaH prakramatE svayam ||
SuklAMbaradharaM viShNuM SaSivarNaM caturBujam |
prasannavadanaM dhyAyEt sarva viGnOpaSantayE ||
yasya dvirada vaktrAdyAH pAriShadyAH paraHSatam |
viGnaM niGnanti satataM viShvaksEnaM taMASrayE ||

sa~gkalpa :: (fold the palms in sa~gkalpa mudra)

hariH OM tat sat SrI gOvinda gOvinda gOvinda asya SrI
BagavatO mahA puruShasya viShNOrAj~jayA pravartamAnasya
Adya brahmaNO (brahmaNaH) dviIya parArdhE SrI SvEtavarAha
kalpE vaivasvata manvantarE kaliyugE prathama pAdE (jaMbu
dvIpE, BARata varShE, Barata KaNDE, SakAbdE, mErOH
dakShiNE pArSvE) asmin vartamAnAnAM vyAvahArikANAM
praBavAdInAM ShaShTyAH saMvatsarANAM madhyE::

-----nAma saMvatsarE-----ayanE-----Rutau-----mAsE
-----pakShE-----SuBa tithau-----vAsara-----nakShatra
yuktAyAM

SrI viShNuyOga viShNukaraNa SuBa yOga SuBa karaNa EvaM
guNa viSEShaNa viSiShTayAM asyAM ----- SuBa tithau
SrI BagavadAj~jaya SrImannArAyaNa prItyarthaM, taiShyAM,
paurNamAsyAM adhyAyOtsarjana akaraNa prAyaScittArthaM
aShTottara sahasra (Sata) sa~gKyayA kAmOkArShIt
manyurakArShIt mahA mantra japaM kariShyE ||

sAtvikatyAga :: (fold the palms in namaskAra posture)

OM BagavAnEva svaniyAmya svarUpasthiti pravRutti
svaSEShataikarasEna anEna AtmanA kartra
svakIyaiScOpakaraNaiH svArAdhanaika prayOjanAya parama
puruShaH sarvaSEShI SriyaHpatiH svaSESha BUtamidaM
kAmOkArShIt manyurakArShIt mahA maMtra japaM karma
BagavAn svasmai svapRitayE svayamEva kArayati ::

mantra japaH ::

kAmOkArShIt manyurakArShIt namO namaH ||
kAmOkArShIt manyurakArShIt namO namaH ||
(1008 times or **at least 108 times**)

aBivAdanaM ::

aBivAdayE (.....) (.....) (.....)
(.....) RuShEya pravarAnvita
(.....) gOtraH
(.....) sUtraH
(.....) SAKAdhyAyI
SrI (.....) SarmAnAmAhaM asmiBOH ||

dik vaMdana

OM prAcyai diSE namaH	Facing East
OM dakShiNAyai diSE namaH	Facing South
OM pratIcyai diSE namaH	Facing West
OM udIcyai diSE namaH	Facing North
OM UrdhvAya namaH	Facing East, show the folded palms upwards
OM adharAya namaH	Facing East, show the folded palms to the ground
OM antarikShAya namaH	Facing East, show the folded palms upwards
OM BUmyai namaH	Facing East, show the folded palms to the ground
OM viShNavE namaH	Facing East, show the folded palms straight

dhyEyassada savitRumaNDala madhyavartI
nArAyaNaH sarasijAsana sanniviShTaH |
kEyUravAn makarakuNDalavAn kirITI
hArI hiraNmaya vapuH dhRuta Sa~gKa cakraH ||
Sa~gKa cakra gadA pANE dvArakA nilayAcyuta |
gOvinda puNDarIkAkSha rakSha mAM SaraNAgatam ||
namO brahmaNya dEvAya gObrAhmaNahitAya ca |
jagaddhitAya kRuShNAya SrI gOvindAya namO namaH ||

praNamya, (sAShTanga praNAmaM) aBivAdayEt; ::

aBivAdayE (.....) (.....) (.....)
(.....) RuShEya pravarAnvita, (.....) gOtraH
(.....) sUtraH, (.....) SAKAdhyAyI
SrI (.....) SarmAnAmAhaM asmiBOH||

(gOtra pravara details given at the end)

SrI kRuShNAyanamaH, SrI kRuShNAyanamaH, SrI
kRuShNAyanamaH,

do japam 10 times

punarAcamana ::

acyutAya namaH, anantAya namaH, gOvindAya namaH,.
..... .. .

Sprinkle water over the place where japam was done
then perform sAtvikatyAga::

OM BagavAnEva kAmOkArShIt manyurakArShIt mahA maMtra
japaM karma BagavAn svasmai svaprItayE svayamEva kAritavAn

SrIra~gga ma~ggaLanidhiM karuNANivAsam
SrIvE~gkaTAdri SiKarAlaya kAlamEGam |
SrIhastiSaila SiKarOjvala pArijAtam
SrISaM namAmi SirasA yaduSaila dIpam ||

kAyEnavAcA manasEndriyairvA
buddhyA{a}{a}tmanA vA prakRutEH svaBAvAt |
karOmi yadyat sakalaM parasmai
SrImannArAyaNAyEti samarpayAmi ||

sarvaM SrI kRuShNArpaNamastu

kAnDa RuShi tarpaNaM

Acamana ::

acyutAya namaH, anaMtAya namaH -----

prANAyAma :: (sprinkle water—prokshaNa—sit in a sanctified spot)

OM BUH, OM BuvaH, OM suvaH, -----

daiva, dEvatA, guru vaMdana ::

OM SrIlakShmInRusiMha parabrahmaNE namaH
SrI padmAvatI samEta SrI vE~gkaTESAya namaH
SrI viShNavE paramAtmanE namaH
SrImatE rAmAnujAya namaH
SrI nigamAnta mahAdESikAya namaH
SrI sAyirAM

OM asmad guruByO namaH
OM asmad parama guruByO namaH
OM asmad sarva guruByO namaH
SrImatE SrI AdivaN SaThakOpa yatIMdra
mahA dESikAya namaH
mAtA pitAyai namaH

yasyABavadBakta janArtihantuH
pitRutvamanyEShvavicArya tUrNam |
stamBE{a}vatArastamananyalaByaM
lakShmI nRusiMhaM SaraNaM prapadyE ||

SrImAn vE~gkaTanAthAryaH kavitArkikakEsarI |
vEdAntA cArya varyOmE sannidhattAM sadAhRudi ||
guruByastad guruByaSca namOvAkamadhImahE |
vRuNImahE ca tatrAdyau daMpatI jagatAM patI ||

SrImannaBIShTha varada | tvAmasmi SaraNaMgataH||
svaSESha BUtEna mayA svIyaiH sarva paricCadaiH |
vidhAtuM prItamAtmAnaM dEvaH prakramatE svayam ||
SuklAMbaradharaM viShNuM SaSivarNaM caturBujam |
prasannavadanaM dhyAyEt sarva viGnOpaSantayE ||
yasya dvirada vaktrAdyAH pAriShadyAH paraHSatam |
viGnaM niGnanti satataM viShvaksEnaM taMASrayE ||

sa~gkalp :: (hold the palms in sa~gkalpa posture)

hariH OM tat sat SrIgOvinda gOvinda gOvinda asya SrI
BagavatO mahA puruShasya viShNOrAj~jayA pravartamAnasya
Adya brahmaNO (brahmaNaH) dvitIya parArdhE SrI SvEtavarAha
kalpE vaivasvata manvantarE kaliyugE prathama pAdE (jaMBu
dvIpE, BARata varShE, Barata KaNDE, SakAbdE, mErOH
dakShiNE pArSvE) asmin vartamAnAnAM vyAvahArikANAM
praBavAdInAM ShaShTyAH saMvatsarANAM madhyE::

-----nAma saMvatsarE-----ayanE-----Rutau-----mAsE

-----pakShE-----SuBa tithau-----vAsara-----nakShatra yuktAyAM

SrIviShNuyOga viShNukaraNa SuBa yOga SuBa karaNa EvaM
guNa viSEShaNa viSiShTAYAM asyAM ----- SuBa tithau

SrI BagavadAj~jayA SrImannArAyaNa prItyarthaM, SrAvaNyAM,
paurNamAsyAM adhyAyOpAkarma kariShyE. tada~ggaM kANda
RuShi tarpaNaM kariShyE. tada~ggaM ya~ggOpavIta dhAraNaM
kariShyE. tada~ggaM kAvErI snAnamahaM kariShyE.

(brahmacAri-s only)

tada~ggatayA mau~jjyajina, daNDadhAraNani ca kariShyE

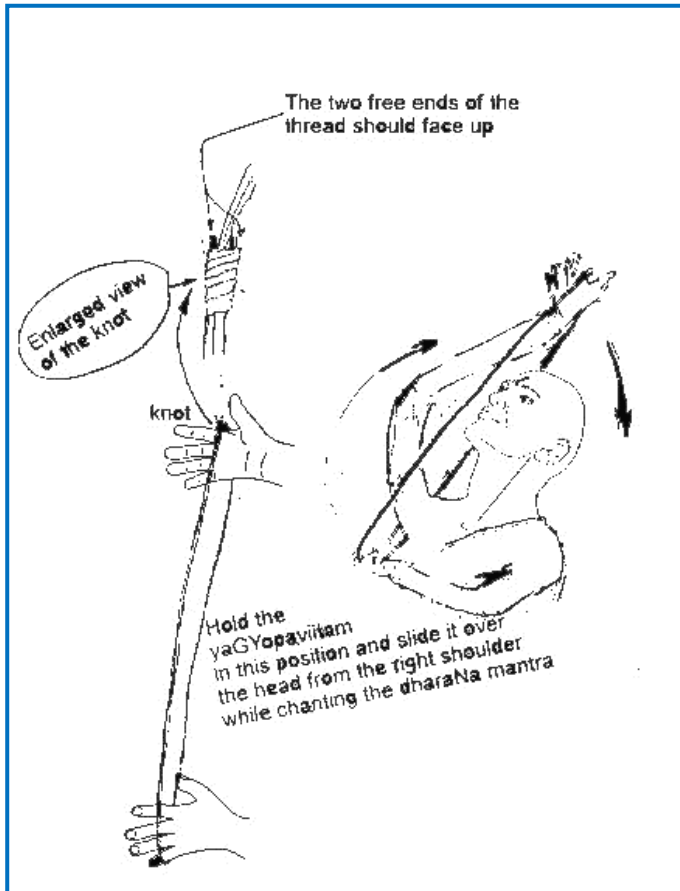
Everyone

sAtvikatyAg:: (hold the palms in praNAMA posture)

OM BagavAnEva svaniyAmya svarUpasthiti pravRutti
svaSEShataikarasEna anEna AtmanA kartrA
svakIyaiScOpakaraNaiH svArAdhanaika prayOjanAya parama
puruShaH sarvaSESHI SriyaHpatiH svaSESha BUTamidaM karma
BagavAn svasmai svaprItayE svayamEva kArayati ::

mantra prOkShaNaM ::

If kANDaRuShi tarpanaM is done immediately after japaM, Atma
prOkShaNa will suffice. Otherwise, one should take a bath.



yaj~jOpavIta dhAraNaM ::

yaj~jOpavIta dhAraNa mantrasyabrahmA RuShiH	Sirasi
tRuShNup CandaH	nAsAgraM
trayIvidyA dEvatA	hRudaya/nABi

yaj~jO pavItaM paramaM pavitraM
prajApatEryatsahajaM purastAt.
AyuShya magryaM prati mu~jca SuBraM
yaj~jO pavItaM balamastu tEjaH..

(only gRuhastas—dvitIya yaj~jOpavItaM):-

punarAcamana ::

acyutAya namaH, anantAya namaH, gOviMdAya namaH, -----

punaH prANAnAyamya ::

OM BUH, OM BuvaH, OM suvaH -----

punaH saMkalpa ::

adya pUrvOktavat EvaM guNa viSEShaNa
viSiShTAYaM asyaM ----- SuBa tithau
SrI BagavadAj~jaya SrIman nArAyaNapriItyarthaM gArhasyArthaM
dvitIya yaj~jOpavIta dhAraNam kariShyE

yaj~jOpavIta dhAraNa mantrasyabrahmA RuShiH	Sirasi
tRuShNup CandaH	nAsAgraM
trayIvidyA dEvatA	hRudaya/nABi

yaj~jO pavItaM paramaM pavitraM prajApatEryatsahajaM
purastAt. AyuShya magryaM prati mu~jca SuBraM yaj~jO
pavItaM balamastutEjaH..

Everyone:: punarAcamana ::

acyutAya namaH, anantAya namaH, gOvindAya namaH,

purAtana yaj~jOpavIta visarjanaM ::

upavItaM Cinna tantuM jIrNaM kaSmaLa dUShitaM
visRujAmi punar brahmAn varcO dIrGAYurastu mE ||

(brahmacAri-s only mau~jjI, ajinaM, daNDa dhAraNaM):-

mau~jjI ::

iyam duruktAt paribAdhamAnA,
SarmavarUDhaM punatI na AgAt |
prANApAnABYAM balamABarantI
priyA dEvAnAM suBagA mEKalEyaM ||

Rutasya gOptri tapasaH parasvI,
GnatIrakShaH sahamAnA arAtIH |
sAnaH samantaM anuparIhi BadrayA
BartArantE mEKalE mAriShAma ||

ajinaM ::

mitrasya cakShur daruNaM balIyaH
tEjO yaSasvisthaviraM samiddhaM |
anAhanasyaM vasanaMjariShNu
paridaM vAjyajinaM dadhEhaM ||

daNDaM ::

suSravaH suSravasaM mAkuru yadhAtvaM suSravaH suSrava asi
EvamahaM suSravaH suSrava BUyAsaM || yathAtvaM
suSravOdEvAnAM nidhigOpO{a}si EvamahaM brAhmaNAnAM
nidhigOpOBuYAsaM ||

Everyone

kANDa RuShi tarpaNaM :: punarAcamana ::

acyutAya namaH, anantAya namaH, gOvindAya namaH,
Wear the yaj~jOpavItaM around the neck in the manner of a
garland (nivIta rIti) hold it down in the palms with the thumbs and
perform kANDa RuShi tarpaNaM with a mixture of sesame seeds
and rice. Each offering to be done thrice.

arGya rItya-----

prajApatiM kANDaRuShiM tarpayAmi, prajApatiM ---
sOmaM kANDaRuShiM tarpayAmi, sOmaM -- sOmaM ---
agniM kANDa^^RuShiM tarpayAmi, agniM --- agniM ----
viSvAn dEvAn kANDa^^RuShiM tarpayAmi, viSvAn dEvAn---
sAmhitIrdEvatA upaniShadaH tarpayAmi, sAmhitIrdEvatA ---
yAj~jikIrdEvatA upaniShadaH tarpayAmi, yAj~jikIrdEvatA ----
vAruNIrdEvatA upaniShadaH tarpayAmi, vAruNIrdEvatA ----

brahma tIrtha rItya- (rear of palm, between wrists)

brahmANaM svAyaMBuvaM tarpayAmi, brahmANaM ---,

(through tips of little fingers)

sadasaspatiM tarpayAmi, sadaspatiM ----, sadaspatiM

arGya rItYA-----

RugvEdaM tarpayAmi, RugvEdaM ---
yajurvEdaM tarpayAmi, yajurvEdaM -----
sAmavEdaM tarpayAmi, sAma vEdaM ----
atharvaNa vEdaM tarpayAmi, atharvaNa ----
itihAsAn tarpayAmi, itihAsAn -----
purANAn tarpayAmi, purANAn -----
kalpAn tarpayAmi, kalpAn -----

Those who do pitRu tarpaNaM should do it at this stage

sAtvikatyAga:: (hold the palms in praNAma posture)

OM BagavAnEva parama puruShaH sarvaSEShI SriyaHpatiH
svaSESha BUtamidaM karma BagavAn svasmai svaprItayE
svayamEva kAritavAn anEna prIyatAM SrI vAsudEvaH ||

kAyEnavAcA manasEndriyairvA
budhyA {a}{a}tmanA vA prakRutE svaBAvAt
karOMi yatyat sakalaM parasmai
SrIman nArAyaNAyEti samarpayAmi ||

sarvaM SrI kRuShNArpaNamastu

gAyatrI japaH

After the ritual bath, wear fresh clothes (maDi clothes), and facing East::

Acamana ::

acyutAya namaH, anantAya namaH -----

prANAyAma :: (sprinkle water—prokshaNa—on the place to be seated, and sit in Asana)

OM BUH, OM BuvaH, OM suvaH, -----

daiva, dEvatA, guru vandana ::

OM SrIlakShmInRusiMha parabrahmaNE namaH
SrI padmAvatI samEta SrI vE~gkaTESAya namaH
SrI viShNavE paramAtmanE namaH
SrImatE rAmAnujAya namaH
SrI nigamAnta mahAdESikAya namaH
SrI sAyirAM

OM asmad guruByO namaH
OM asmad parama guruByO namaH
OM asmad sarva guruByO namaH
SrImatE SrI AdivaN SaThakOpa yatIndra
mahA dESikAya namaH
mAtA pitAyai namaH

yasyABavadBakta janArtihantuH
pitRutvamanyEShvavicArya tUrNam |
stamBE{a}vatArastamananyalaByaM
lakShmI nRusiMhaM SaraNaM prapadyE ||

SrImAn vE~gkaTanAthAryaH kavItArkikakEsarI |
vEdAntA cArya varyOmE sannidhattAM sadAhRudi ||
guruByastad guruByaSca namOvAkamadhImahE |
vRuNImahE ca tatrAdyau daMpatI jagatAM patI ||

SrImannaBIShTha varada |
tvAmasmi SaraNaMgataH||

svaSESha BUtEna mayA svIyaiH sarva paricCadaiH |
vidhAtuM prItamAtmAnaM dEvaH prakramatE svayam ||

SuklAMbaradharaM viShNuM SaSivarNaM caturBujam |
prasannavadanaM dhyAyEt sarva viGnOpaSAntayE ||

yasya dvirada vaktrAdyAH pAriShadyAH paraHSatam |
viGnaM niGnanti satataM viShvaksEnaM taMASrayE ||

sa~gkalpa :: (hold the palms in sa~gkalpa posture)

hariH OM tat sat SrIgOvinda gOvinda gOvinda asya SrI
BagavatO mahA puruShasya viShNOrAj~jayA pravartamAnasya
Adya brahmaNO (brahmaNaH) dvitIya parArdhE SrI SvEtavarAha
kalpE vaivasvata manvantarE kaliyugE prathama pAdE (jaMBU
dvIpE, BARata varShE, Barata KaNDE, SakAbdE, mErOH
dakShiNE pArSvE) asmin vartamAnAnAM vyAvahArikANAM
praBavAdInAM ShaShTyAH saMvatsarANAM madhyE::
-----nAma saMvatsarE-----ayanE-----Rutau-----mAsE
-----pakShE-----SuBa tithau-----vAsara-----nakShatra yuktAyAM
SrIviShNuyOga viShNukaraNa SuBa yOga SuBa karaNa EvaM
guNa viSEShaNa viSiShTAYAM asyAM ----- SuBa tithau

SrI BagavadAj~jayA SrImannArAyaNa prItyarthaM, mithyAdhIta
prAyaScittArthaM aShTottara sahasra (1008) sanKyayA gAyatrI
mahA maMtra japaM kariShyE ||

sAtvikatyAga:: (hold the palms in praNAma posture)

OM BagavAnEva svaniyAmya svarUpasthiti pravRutti svaSESha-
taikarasEna anEna AtmanA kartrA svakiyaiScOpakaraNaiH
svArAdhanaika prayOjanAya parama puruShaH sarvaSESHI
SriyaHpatiH svaSESha BUtamidaM mithyAdhIta prAyaScittArtha
gAyatrI mahA maMtra japaM karma BagavAn svasmai
svaprItayE svayamEva kArayati ::

gAyatrI AvAhanaM

AyAtu ityanuvAkasya vAmadEva RuShiH	Sirasi
anuShTup CaMdaH	nAsAgraM
gAyatrI dEvata	hRudaya/nABi

gAyatrI AvAhanE viniyOgaH

AyAtu varadA dEvI akSharaM brahma sammitaM |
gAyatrIM CandasaM mAtEdaM brahma juShasvanaH |
OjOsi sahOsi, balamasi BrAjOsi, dEvAnAM dhAma nAmAsi,
viSvamasi viSvAyuH, sarvamasi sarvAyuH aBiBUrOM

gAyatrIM AvAhayAmi (Atma AvAhanam)

sAvitrIM AvAhayAmi (Atma AvAhanam)

sarasvatIM AvAhayAmi (Atma AvAhanam)

sAvitryA RuShiH viSvAmitraH	Sirasi
dEvI gAyatrI CaMdaH	nAsAgraM
savitA dEvatA	hRudaya/nABi

yOdEvO savitAsmAkaM dhiyO dharmAdi gOcarAH |
prErAyEt tasya yadBargaH tadvarENyamupAsmahE ||
AdityamaNDalEdhyAyEt paramAtmAnamavyayaM |
viShNuM caturBujaM ratnakuNDalairmaNDita~gganaM ||
sarvaratna samAyukta sarvABaraNa BUShitAM |
EvaM dhyAtvA japEnnityaM mantramaShTottaraM SataM ||

gAyatrI japaH

OM | BUrBuvassuvaH | tatsaviturvarENiyaM |
BargOdEvasya dhImahi | dhiyO yOnaH pracOdayAt ||
OM | BUrBuvassuvaH |
japaM to be performed 1008 times.

gAyatrI upasthAnaM

punaH prANAyAmaM

OM BUH, OM BuvaH, OM suvaH, OM mahaH,

sa~gkalpaH

SrI BagavadAj~jaya SrImannArAyaNa prItyarthaM
gAyatrI upasthAnaM kariShyE

uttama ityanuvAkasya vAmadEva RuShiH	Sirasi
anuShTup CaMdaH	nAsAgraM
gAyatrI dEvatA	hRudaya/nABi

gAyatrI udvAsanE viniyOgaH	<i>(Perform the udvaasana mudra with the palms, then stand up, and hold the palms in praNaama/namaste posture)</i>
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uttamE SiKarE dEvi BUmyAM parvata mUrdhani |
brAhmaNEByO hyanuj~jAnaM gacCadEvi yathA suKam ||

sandhyAdi dEvatA vaMdanaM

OM sandhyAyai namaH	Facing East
OM sAvitryai namaH	Facing South
OM gAyatryai namaH	Facing West
OM sarasvatyai namaH	Facing North
OM sarvAByO dEvatAByO namO namaH	Facing East
OM kAmOkArShIt manyurakArShIt namO namaH	Facing East

aBivAdana ::

aBivAdayE (.....) (.....) (.....)
 (.....) RuShEya pravarAnvita
 (.....) gOtraH
 (.....) sUtraH
 (.....) SAKAdhyAyI
 SrI (.....) SarmAnAmAhaM asmiBOH||

dik vandana

OM prAcyai diSE namaH	Facing East
OM dakShiNAyai diSE namaH	Facing South
OM pratIcyai diSE namaH	Facing West
OM udIcyai diSE namaH	Facing North
OM UrdhvAya namaH	Facing East, show the folded palms upwards
OM adharAya namaH	Facing East, show the folded palms to the ground
OM antarikShAya namaH	Facing East, show the folded palms upwards
OM BUmyai namaH	Facing East, show the folded palms to the ground
OM viShNavE namaH	Facing East, show the folded palms straight

dhyEyassada savitRumaNDala madhyavartI
nArAyaNaH sarasijAsana sanniviShTaH |
kEyUravAn makarakuNDalavAn kirITI
hArI hiraNmaya vapuH dhRuta Sa~gKa cakraH ||
Sa~gKa cakra gadA pANE dvArakA nilayAcyuta |
gOvinda puNDarIkAkSha rakSha mAM SaraNAgatam ||
namO brahmaNya dEvAya gObrAhmaNahitAya ca |
jagaddhitAya kRuShNAya SrI gOvindAya namO namaH ||

praNamya, (sAShTanga praNAmaM) aBivAdayEt; ::

aBivAdayE (.....) (.....) (.....)
(.....) RuShEya pravarAnvita, (.....) gOtraH
(.....) sUtraH, (.....) SAKAdhyAyI
SrI (.....) SarmAnAmAhaM asmiBOH||

SrI kRuShNAyanamaH, SrI kRuShNAyanamaH, SrI
kRuShNAyanamaH,

do japam 10 times

punarAcamana ::

acyutAya namaH, anantAya namaH, gOvindAya namaH,.
..... .. .

Sprinkle water over the place where japam was done
then perform sAtvikatyAga::

OM BagavAnEva mithyAdhIta prAyaScittArtha gAyatrI mahA
maMtra japaM karma BagavAn svasmai svapRItayE svayamEva
kAritavAn

SrIra~gga ma~ggaLanidhiM karuNANivAsam
SrIvE~gkaTAdri SiKarAlaya kAlamEGam |
SrIhastiSaila SiKarOjvala pArijAtam
SrISaM namAmi SirasA yaduSaila dIpam ||
kAyEnavAcA manasEndriyairvA
buddhyA{a}{a}tmanA vA prakRutEH svaBAvAt |
karOmi yadyat sakalaM parasmai
SrImannArAyaNAyEti samarpayAmi ||

sarvaM SrI kRuShNArpaNamastu

* * * * *

gOtra pravara

gOtra	pravara
AtrEya	AtrEya, arcanAnasa, SyAvASva, trayARuShEya
kASyapa	kASyapa, AvatsAra, SANDilya, trayARuShEya
kauNDinya	vASiShTha, maitrAvaruNa, kauNDinya, trayARuShEya
kauSIka	vaiSvAmitra, AGamarShaNa, kauSIka, trayARuShEya
gArgya	A~ggIrasa, Sainya, gArgya, trayARuShEya
naiddhruvakASyapa	kASyapa, AvatsAra, naiddhruva, trayARuShEya
BAradvAja	A~ggIrasa, bArhaspatya, BAradvAja, trayARuShEya
vAdhUla	BArgava, vItahavya, sAvEtasa, trayARuShEya
SaThamarShaNa	A~ggIrasa, trAsadasya, paurukutsa, trayARuShEya
SANDilya	kASyapa, AvatsAra, naidhruva, rEpa, raipa, SauNDilya, SANDilya, saptARuShEya
SrIvatsa	BArgava, cyAvana, ApnavAna, aurva, jAmadagnya, pancARuShEya
harita	A~ggIrasa, ambarISha, yauvanASva, trayARuShEya