

श्रीः

Sri lakShmInRusiMha parabrahmaNE namaH



dina caryA



prAtardhyAyAmi gAyatrIM ravimaNDala madhyagAm |
RugvEdamuccArayantIM raktavarNAM kumArikAm |
akShamAIA karAM brahmadaivatyaM haMsa vAhanAm



madhyan dinEtu sAvitrIM ravimaNDalamadhyagAM | yaju-
rvEdaM vyAharantIM SvEtAM SUlakarAMSivAm | yuvatIM
rudradEvatyAM dhyAyAmi vRuShaBa vAhanAm||



sAyAm sarasvatIM SyAmAM ravimaNDala madhyagAM | sAmavEdaM vyAharantIM cakraYudhadharAM SuBAM || dhyAyAmi
viShNudaivatyaM vRuddhAM garuDavAhanAM ||

OM SrIlakShmInRusiMhaparabrahmaNE namaH

(The list is Hyperlinked to the text)

[AcamanaM, prANAyAmaM](#)

[yaj~jOpavIta dhAraNaM](#)

[prAtaHsandhyAvandanaM](#)

[mAdhyAhnikaM](#)

[sAyaM sandhyAvandanaM](#)

[annapariShEcanaM](#)

ACKNOWLEDGMENTS

Web Pages
Hosted by



(www.tripod.lycos.com)

Document Prepared using
Baraha multilanguage free software



(www.baraha.com)

AcamanaM, prANAyAmaM

Please Note

All vedic rituals have to be initiated by a preceptor who knows the procedure.

The same guideline applies to sandhyAvandanA.

Please seek the guidance of someone who practices sandhyAvandanA regularly and follow the text herein, after undergoing introductory tutoring.

AcamanaM

acyutAya namaH,
anantAya namaH
gOvindAya namaH

Ingest "tiirtham" thrice one for each "mantra" after uttering it, wash the palm with water, wipe the lips with the clean palm, wash the palm again

kESavAya namaH	(thumb to touch right cheek)
nArAyaNAya namaH	(thumb to touch left cheek)
mAdhavAya namaH	(ring finger to touch right eye)
gOvindAya namaH	(ring finger to touch left eye)
viShNavE namaH	(index finger to touch right side nose)
madhusUdanAya namaH	(index finger to touch left side nose)
trivikramAya namaH	(little finger to touch right ear)
vAmanAya namaH	(little finger to touch left ear)
SrIdharAya namaH	(middle finger to touch right shoulder)
hRuShIkESaya namaH	(middle finger to touch left shoulder)
padmanABAya namaH	(four fingers to touch navel)
dAmOdarAya namaH	(four fingers to touch head)

prANAyAmaM

OM BUH,

OM BuvaH,

OM suvaH,

OM mahaH,

OM janaH,

OM tapaH,

OgM satyam

OM tatsaviturvarENyaM,

BargOdEvasya dhImahi,

dhiyO yO naH pracOdayAt,

OmApO jyOtirasOsmRutaM brahmaBUrBuvassuvarOm

yaj~jOpavIta dhAraNaM

AcamanaM ::

acyutAya namaH, anantAya namaH -----

prANAyAmaM::(do sthala Suddhi and sit in traditional Asana)::

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

daiva, dEvatA, guru vandanaM ::

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 |

stamBEsvatArastamananyalaByaM

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

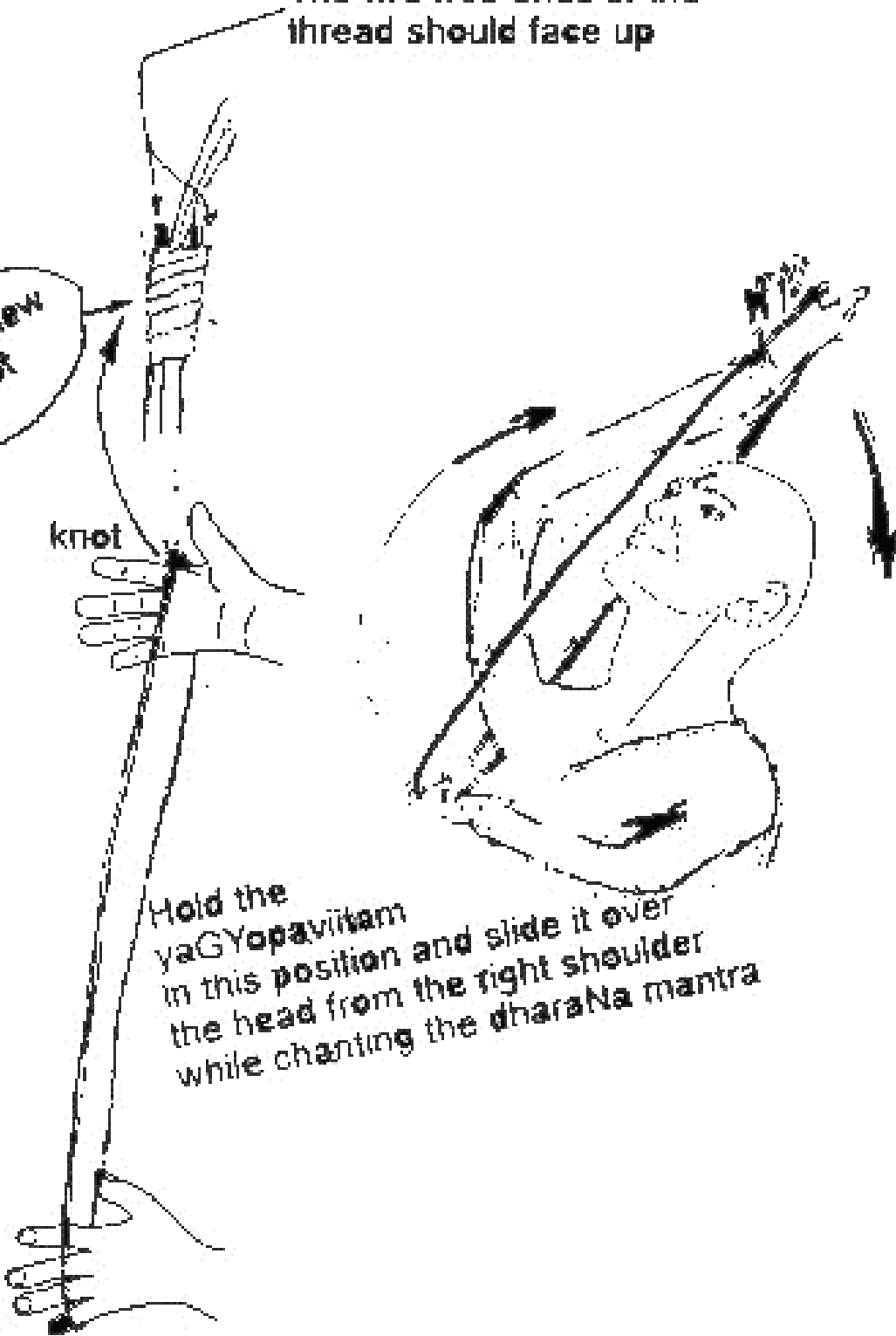
hariH OM tat sat SrI gOvinda gOvinda gOvinda asya SrI
BagavatO mahA puruShasya viShNOrAj~jayA pravarta
mAnasya Adya brahmaNO (brahmaNaH) dvitIya parArdhE
SrI SvEta varAha kalpE vaivasvata manvantarE kaliyugE
prathama pAdE (highlighted text not relevant outside India) jaMbU
dvIpE, BArata varShE, Barata KaMDE, SakAbdE, mErOH
dakShiNE pArSvE asmin vartamAnAnAM vyAvahAri kANAM
praBavAdInAM ShaShTyAH saMvatsa rANAM madhyE:: -----
nAma saMvatsarE-----ayanE-----Rutau-----mAsE -----
pakShE-----SuBa tithau-----vAsara-----nakShatra yuktAyAM
SrI viShNu yOga viShNu karaNa SuBa yOga SuBa karaNa
EvaM guNa viSEShaNa viSiShTayAM asyAM ----- SuBa
tithau SrI BagavadAj~jayA SrIman nArAyaNa prItiyarthaM
SrautasmArta vihita nitya karmAnuShThAna yOgyata
sidhyarthaM brahma tEjO₅Bi vRudhyarthaM yaj~jOpavIta
dhAraNaM kariShyE

The two free ends of the thread should face up

Enlarged view of the knot

knot

Hold the
yaGYopavitam
in this position and slide it over
the head from the right shoulder
while chanting the dharaNa mantra



sAtvikatyAgaH:: (hold the palms in namaskAra posture)

OM BagavAnEva svaniyAmya svarUpasthiti pravRutti
svaSEShataika rasEna anEna AtmanA kartrA svakIyaiScOpa
karaNaiH svArAdhanaika prayOjanAya parama puruShaH
sarva SESH I SriyaHpatiH svaSESha BUtamidaM karma
BagavAn svasmai svaprItayE svayamEva kArayati ::

yaj~jOpavIta dhAraNaM ::

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

yaj~jO pavItaM paramaM pavitraM prajApatEr yatsahajaM
purastAt AyuShya magryaM prati mu~jcaSuBraM yaj~jO
pavItaM balamastu tEjaH..

dvitIya yaj~jOpavItadhAraNaM for gRuhasta (married persons):-

punarAcamanaM ::

acyutAya namaH, anantAya namaH, gOvindAya namaH, ----

punaH prANAnAyamya ::

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

punaH sa~gkalpaH

adya pUrvOktavat Evam guNa viSEShaNa viSiShTayAM
asyAM ----- SuBa tithau SrI Bagava dAj~jayA SrIman
nArAyaNa prItiyarthaM gArhasyArthaM dvitIya yaj~jOpavIta
dhAraNaM kariShyE

yaj~jOpavIta dhAraNa maMtrasyabrahmA RuShiH	Sirasi
tRuShNup CandaH	nAsAgraM
trayIvidyA dEvata	hRudaya/nABi

yaj~jO pavItaM paramaM pavitraM prajApatEr yatsahajaM
 purastAt AyuShya magryaM prati mu~jcaSuBraM yaj~jO
 pavItaM balamastu tEjaH..

punarAcamanaM (all) ::

acyutAya namaH, anantAya namaH, gOvindAya namaH,

purAtana yaj~jOpavIta visarjanaM ::

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

sAtvikatyAgaH::(hold the palms in namaskAra posture)

OM BagavAnEva yaj~jOpavIta dhAraNAKyaM karma
 BagavAn svasmai svaprItayE svayamEva kAritavAn anEna
 prIyatAM SrI vAsudEvaH

kAyEna vAcA manasEndri yairvA
 budhya sstmanA vA prakRutE svaBAvAt

karOmi yatyat sakalaM parasmai
 SrIman nArAyaNA yEti samarpayAmi ||

sarvaM SrI kRuShNArpaNa mastu

OM

prAtaH sandhyAvandanaM

AcamanaM::

acyutAya namaH, anantAya namaH -----

prANAyAmaM::

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

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

SrI BagavadAj~jayA SrImannArAyaNa prItyarthaM
prAtaH sandhyA mupAsiShyE

sAtvikatyAgaH::(hold the palms in namaskAra posture)

OM BagavAnEva prAtaH sandhyA vandanAKyaM karma
BagavAn svasmai svaprItayE svayamEva kArayati

mantra prOkShaNAM

ApOhiShThEtimantrasya sindhudvIpa RuShiH	Sirasi
dEvI gAyatrI CandaH	nAsAgraM
ApO dEvatA	hRudaya/nABi

apAM prOkShaNE viniyOgaH

OM ApOhiShThA mayOBuvaH	Sirassu prOkShaNa
tA na UrjE dadhAtana	Sirassu prOkShaNa
mahE raNAya cakShasE	Sirassu prOkShaNa
yOvaH SivataMO rasaH	Sirassu prOkShaNa
tasya BAjayatEhanaH	Sirassu prOkShaNa
uSatIriVa mAtaraH	Sirassu prOkShaNa
tasmA ara~ggamAmavaH	Sirassu prOkShaNa
yasya kShayAya jinvatha	pAdAnguLi prOkShaNa
ApO janayathA canaH	Sirassu prOkShaNa
OM BUrBuvassuvaH	Atma pariShincanaM

mantrAcamanaM (prASanaM)::

sUryaScEtyanuvAkasya agnir RuShiH	Sirasi
dEvI gAyatrI CandaH	nAsAgraM
sUryO dEvata	hRudaya/nABi

apAM prASanE viniyOgaH

OM sUryaSca mAmanyuSca manyupatayaSca manyu
kRutEByaH | pApEByO rakShantAm | yadrAtryA pApa
makArSham | manasA vAcA hastAByAm | padByA
mudarENa SiSnA | rAtri stadava luMpatu | yatkinca duritaM
mayi | idamahaM mAmamRutayOnau | sUryE jyOtiShi
juhOmi svAhA ||

puna rAcamanaM ::

acyutAya namaH, anantAya namaH, -----

punar mArjanam ::

dadhikrAvaNNa iti mantrasya, vAmadEva RuShiH	Sirasi
anuShTup CandaH	nAsAgraM
dadhikrAvA dEvatA	hRudaya/nABi

apAM prOkShaNE viniyOgaH

OM dadhikrAv NNO akAriShaM	Sirassu prOkShaNa
jiShNO raSvasya vAjinaH	Sirassu prOkShaNa
suraBi nO muKAkarat	Sirassu prOkShaNa
praNa AyUgMShi tAriShat	Sirassu prOkShaNa
ApOhiShThA mayO BuvaH	Sirassu prOkShaNa
tA na UrjE dadhAtana	Sirassu prOkShaNa
mahE raNAya cakShasE	Sirassu prOkShaNa
yOvaH SivataMO rasaH	Sirassu prOkShaNa
tasya BAjayatE hanaH	Sirassu prOkShaNa
uSatIriVa mAtaraH	Sirassu prOkShaNa
tasmA ara~gga mAmavaH	Sirassu prOkShaNa
yasyakShayAya jinvatha	pAdAnguLi prOkShaNa
ApO janayathA canaH	Sirassu prOkShaNa
OM BUrBuvassuvaH	Atma pariShincanaM

arGyapradAnaM ::

punaH prANAnAyamya ::

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

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

SrI BagavadAj~jayA SrIman nArAyaNa prItiyarthaM prAtaH
sandhyaA arGyapradAnaM kariShyE

arGyapradAna mantrasya viSvAmitra RuShiH	Sirasi
dEvIgAyatrICandaH	nAsAgraM
savitA dEvatA	hRudaya/nABi

arGyapradAnE viniyOgaH

OM, BUrBuvassuvaH, tatsaviturvarENyaM,
BargOdEvasya dhImahi, dhiyO yOnaH pracOdayAt

First
arghyaM

OM, BUrBuvassuvaH, tatsaviturvarENyaM,
BargOdEvasya dhImahi,.....

(Second)

OM, BUrBuvassuvaH, tatsaviturvarENyaM,
BargOdEvasya dhImahi,.....

(Third)

(Recite the mantra thrice and offer arghyam thrice, once after each recitation)

prAyaScitta arGyaM

punaH prANAnAyamya ::

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

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

SrI BagavadAj~jyayA SrImannArAyaNapriItyarthaM prAtaH
sandhya kAlAtIta prAyaScittArthaM turIya arGya pradAnaM
kariShyE

turIya arGyapradAnamantrasya sAndIpanI RuShiH	Sirasi
dEvIgaAyatrICandaH	nAsAgraM
savitA dEvatA	hRudaya/nABi

turIya arGyapradAnE viniyOgaH

OM| BUrBuvassuvaH, tatsaviturvarENyaM, BargOdEvasya
dImahi, dhiyO yOnaH pracOdayAt :: OM BUH, OM BuvaH,
OM suvaH, OM mahaH, OM janaH, OM tapaH, OgMsatyaM

(invoke the above mantra and offer prAyaScitta arghyam once)

OM BUrBuvassuvaH (AtmapariShincanaM)

asAvAdityObrahmA (Atma pradakShiNaM)

punarAcamanaM ::

acyutAya namaH, anantAya namaH, -----

kESavAdi tarpaNam ::

kESavaM tarpayAmi, nArAyaNaM tarpayAmi, mAdhavaM tarpayAmi, gOvindaM tarpayAmi, viShNuM tarpayAmi, madhusUdanaM tarpayAmi, trivikramaM tarpayAmi, vAmanaM tarpayAmi, SrIdharaM tarpayAmi, hRuShIkESaM tarpayAmi, padmanABaM tarpayAmi, dAmOdaraM tarpayAmi

punarAcamanaM ::

acyutAya namaH, anantAya namaH, -----

japakramaH ::

OM Asanamantrasya pRuthivyA mEru pRuShTha RuShiH	Sirasi
sutalaM CandaH	nAsAgraM
SrI kUrmO dEvata	hRudaya/nABi

AsanE viniyOgaH	PrAtaH gAyatrI japa has to be done standing, at a sanctified spot.
--------------------	--

Sanctify the spot by saying OM BUrBuvassuvaH and sprinkle water
pRuthvitvayA dhRutA lOkA dEvItvaM viShNunA dhRutA|
tvaMca dhAraya mAM dEvi pavitraM kurucAsanam||

nyAsam ::

OM praNavasya RuShi brahma	Sirasi
dEvI gAyatrI CandaH	nAsAgraM
paramAtmA dEvata	hRudaya/nABi

OM BUrAdi sapta vyAhRutInAM atri, BRugu, kutsa, vasiShTha, gautama, kASyapa, A~ggirasa RuShayaH	Sirasi
gAyatrI, uShNik, anuShTup, bRuhati, pa~gti, tRuShTup, jagatyaH, CandAgMsi	nAsAgraM
agni, vAyu, arka, vAgISa, varuNa, indra, viSvEdEvAH, dEvatAH	hRudaya/nABi

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

gAyatrI SirasO brahma RuShiH	Sirasi
anuShTup CandaH	nAsAgraM
paramAtmA dEvatA	hRudaya/nABi

sarvEShAM prANAYAmE viniyOgaH

(perform Atma AvAhanaM and fold the palms again in praNAma/namaste posture)

muktAvidruma, hEmanIla, dhavaLacCAyaiH, muKai strIkShaNaiH, yuktAmindukaLA nibaddhamakuTAM, tatvArtha varNAtmikAM | gAyatrIM varadABayAM, kuSakaSaM, SuBraM kapAlaM guNaM | SanKaM cakra mathAravindayugaLaM hastairvahantIM BajE ||

(meditate on the form of gAyatrI dEvi) ::

OmApO jyOtirasOsmRutaM brahma BUrBuvassuvarOm

(while chanting the above mantra, perform Atma pariSuddhi with the two palms by gently touching from head to toe)

arkamaNDala madhyasthaM sUryakOTisamapraBaM |
brahmAdi sEvya pAdAbjaM naumibrahma ramAsaKaM ||

(meditate on gaayatrii dEvi in the form of light which is 10 million times brighter than the Sun -sUryakOTisamapraBaM saying above mantra)

triH prANANAyamya ::(perform prANAyAma thrice) ::

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

(after prANAyAmam thrice, hold the palms in saN^kalpa posture)

SrI BagavadAj~jayA, SrImannArAyaNa prItyarthaM,
prAtaH sandhyA aShTOttara Sata sankyayA (108)

(or) ::

aShTAViMSati sankyayA (28) (minimum)
gAtrI mahAmantrajapaM kariShyE||

(gAyatrI AvAhanam) ::

AyAtu ityanuvAkasya vAmadEva RuShiH	Sirasi
anuShTup CandaH	nAsAgraM
gAyatrI dEvatA	hRudaya/nABi

gAyatrI AvAhanE viniyOgaH (AtmaAvAhanaM) ::

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)

(hold the palms together in praNAma/namaste posture) ::

prAtar dhyAyAmi gAyatrIM ravimaNDala madhyagAm |
RugvEdamuccArayantIM raktavarNAM kumArikAm |
akShamAIakarAM brahma daivatyAM haMsa vAhanAm ||

sAvitryA RuShiH viSvAmitraH	Sirasi
dEvI gAyatrI CandaH	nAsAgraM
savitA dEvata	hRudaya/nABi

yOdEvO savitAsmAkaM dhiyO dharmAdi gOcarAH |
prErayEt tasya yadBargaH tadvarENya mupAsmahE ||
AdityamaNDalE dhyAyEt paramAtmAna mavvayam |
viShNuM caturBujaM ratna kuNDalair maNDitA~ggaM ||
sarva ratna samAyukta sarvABaraNa BUShitAm |
EvaM dhyAtvA japEnnityaM mantra maShTOttaraM Satam||

gAyatrI japaM ::(at least 28 times)

OM | BUrBuva ssuvaH | tatsavitur varENiyaM | BargO
dEvasya dhImahi | dhiyO yOnaH pracOdayAt ||

OM | BUrBuva ssuvaH |

gAyatrI upasthAnam ::

punaH prANAnAyamya ::

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

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

SrI BagavadAj~jayA SrIman nArAyaNa prItiyarthaM
prAtaH sandhya gAyatrI upasthAnaM kariShyE

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

gAyatrI udvAsanE viniyOgaH (Perform udvAsana mudra with the palms, and hold the palms in pranAma—namaste—posture)

uttamE SiKarE dEvI BUmyAM parvata mUrdhani |
brahmaNEByO hyanuj~jAnaM gacCadEvi yathA suKam||
OM | mitrasya carShaNI dhRutaH SravO dEvasya sAnasim |
satyaM citra Sravastamam || mitrO janAn yAtayati prajAnan
mitrO dAdhAra pRuthivI mutadyAm | mitraH kRuShTI
ranimiShA BicaShTE satyAya havyaM GRutavad vidhEma ||
prasamitra martO astu prayasvAn yasta Aditya SikShati
vratE na | na hanyatE na jIyatE tvOtO nainamagMhO aSnO
tyantitO na dUrAt ||

sandhyAdi dEvatA vandanaM ::

OM sandhyAyai namaH	FacingEast
OM sAvitryai namaH	FacingSouth
OM gAyatryai namaH	FacingWest
OM sarasvatyai namaH	FacingNorth
OM sarvAByo dEvatAByo namO namaH	FacingEast
OM kAmO kArShIt manyurakArShIt namOnamaH	FacingEast

aBivAdanaM ::

aBivAdayE (*****) (*****) (*****) (*****) RuShEya
pravarAnvita (*****) gOtraH (*****) sUtraH (*****)
SSAKAdhyAyI SrI (*****) SarmAnAmAhaM asmiBOH||

dik vandanaM ::

OM prAcyai diSE namaH	Facing East
OM dakShiNAyayi diSEnamaH	Facing South
OM pratIcyayi diSEnamaH	Facing West
OM udIcyayi diSEnamaH	Facing North
Face East for the following vandanA-s	
OM UrdhvAyanamaH	show the folded palms upwards
OM adharAya namaH	show the folded palms to the ground
OM antarikShAya namaH	show the folded palms upwards
OM BUmyayi namaH	show the folded palms to the ground
OM viShNavE namaH	show the folded palms straight ahead

dhyEyassadA savitRumaNDala madhyavarti
nArAyaNaH sarasijAsana sanniviShTaH |
kEyUravAn makarakuNDalavAn kirITI hArI
hiraNmaya (hiraNyaya) vapuH dhRuta Sa~gKa cakraH ||
Sa~gKa cakra gadA pANE dvArakA nilayAcyuta |
gOvinda puNDarIkAkSha rakSha mAM SaraNAgatam ||
namO brahmaNya dEvAya gObrAhmaNa hitAya ca |
jagaddhitAya kRuShNaya SrI gOvindAya namO namaH||

praNamya (sAShTA~gga praNAma), aBivAdayEt ::

aBivAdayE (*****) (*****) (*****) (*****) RuShEya
pravarAnvita (*****) gOtraH (*****) sUtraH (*****)
SSAKAdhyAyI SrI (*****) SarmA nAmAhaM asmiBOH||

SrI kRuShNAya namaH, SrI kRuShNAya namaH,

(above japa mantra to be recited slowly 10 times) ::

punarAcamanaM ::

acyutAya namaH, anantAya namaH,

saying OM BUrBuvassuvaH perform sthala Suddhi ::

sAtvikatyAgaH :: (hold the palms in namaskAra posture) ::

OM BagavAnEva prAtaH sandhyAvandanAKyaM karma
BagavAn svasmai svaprItayE svayamEva kAritavAn

SrIra~gga ma~ggaLa nidhiM karuNA nivAsam

SrI vE~gkaTAdri SiKarAlaya kAla mEGam |

SrI hastiSaila SiKarOjvala pArijAtam

SrISaM namAmi SirasA yaduSaila dIpam ||

kAyEnavAcA manasEndriyairvA

buddhyAsstmanA vA prakRutEH svaBAvAt |

karOmi yadyat sakalaM parasmai SrIman nArAyaNAyEti
samarpayAmi ||

sarvaM SrIkRuShNArpaNamastu

* * * * *

OM

mAdhyAhnikaM

AcamanaM::

acyutAya namaH, anantAya namaH -----

prANAyAmaM::

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

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

SrI BagavadAj~jayA SrIman nArAyaNa prItyarthaM
mAdhyAhnika sandhya mupAsiShyE

sAtvikatyAgaH::(hold the palms in namaskAra posture)

OM BagavAnEva mAdhyAhnika sandhyAvandanAKyaM
karma BagavAn svasmai svaprItayE svayamEva kArayati

mantra prOkShaNaM

ApOhiShThEtimantrasya sindhudvIpa RuShiH	Sirasi
dEvI gAyatrI CandaH	nAsAgraM
ApO dEvatA	hRudaya/nABi

apAM prOkShaNE viniyOgaH

OM ApOhiShThA mayOBuvaH	Sirassu prOkShaNa
tA na UrjE dadhAtana	Sirassu prOkShaNa
mahE raNAya cakShasE	Sirassu prOkShaNa
yOvaH SivataMO rasaH	Sirassu prOkShaNa
tasya BAjayatEhanaH	Sirassu prOkShaNa
uSatIriVa mAtaraH	Sirassu prOkShaNa
tasmA ara~ggamAmavaH	Sirassu prOkShaNa
yasya kShayAya jinvatha	pAdAnguLi prOkShaNa
ApO janayathA canaH	Sirassu prOkShaNa
OM BUrBuvassuvaH	Atma pariShincanaM

mantrAcamanaM (prASanaM)::

Apah punantu ityanuvAkasya Apa RuShiH	Sirasi
anuShTup CandaH	nAsAgraM
brahmaNaspatir dEvata	hRudaya/nABi

apAM prASanE viniyOgaH

OM| Apah punantu pRuthivIM pRuthivI pUtA punAtu mAm|
punantu brahmaNaspatiH brahma pUtA punAtu mAm ||
yaducCiShTa maBOjyaM yadvA duScaritaM mama | sarvaM
punantu mAmApO_ssatAM ca pratigrahagMsvAhA||

puna rAcamanaM ::

acyutAya namaH, anantAya namaH, -----

punar mArjanam ::

dadhikrAvaNNa iti mantrasya, vAmadEva RuShiH	Sirasi
anuShTup CandaH	nAsAgraM
dadhikrAvA dEvatA	hRudaya/nABi

apAM prOkShaNE viniyOgaH

OM dadhikrAv NNO akAriShaM	Sirassu prOkShaNa
jiShNO raSvasya vAjinaH	Sirassu prOkShaNa
suraBi nO muKAKarat	Sirassu prOkShaNa
praNa AyUgMShi tAriShat	Sirassu prOkShaNa
ApOhiShThA mayO BuvaH	Sirassu prOkShaNa
tA na UrjE dadhAtana	Sirassu prOkShaNa
mahE raNAya cakShasE	Sirassu prOkShaNa
yOvaH SivataMO rasaH	Sirassu prOkShaNa
tasya BAjayatE hanaH	Sirassu prOkShaNa
uSatIriVa mAtaraH	Sirassu prOkShaNa
tasmA ara~gga mAmavaH	Sirassu prOkShaNa
yasyakShayAya jinvatha	pAdAnguLi prOkShaNa
ApO janayathA canaH	Sirassu prOkShaNa
OM BUrBuvassuvaH	Atma pariShincanaM

arGyapradAnaM ::

punaH prANAnAyamya ::

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

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

SrI BagavadAj~jayA SrImannArAyaNa prItyarthaM
mAdhyAhnika sandhyaA arGyapradAnaM kariShyE

arGyapradAna mantrasya viSvAmitra RuShiH	Sirasi
dEvIgAyatrICandaH	nAsAgraM
savitA dEvatA	hRudaya/nABi

arGyapradAnE viniyOgaH

OM, BUrBuvassuvaH, tatsaviturvarENyaM, BargO
dEvasya dhImahi, dhiyO yOnaH pracOdayAt

(One
arghyaM
only)

(Recite the mantra and offer arghyam only once after the recitation)

prAyaScitta arGyaM

prAyaScitta arghyam is not offered during mAdhyAhnikaM

OM BUrBuvassuvaH (AtmapariShincanaM)
asAvAdityObrahmA (Atma pradakShiNaM)

punarAcamanaM ::

acyutAya namaH, anantAya namaH, -----

kESavAdi tarpaNam ::

kESavaM tarpayAmi, nArAyaNaM tarpayAmi, mAdhavaM tarpayAmi, gOvindaM tarpayAmi, viShNuM tarpayAmi, madhusUdanaM tarpayAmi, trivikramaM tarpayAmi, vAmanaM tarpayAmi, SrIdharaM tarpayAmi, hRuShIkESaM tarpayAmi, padmanABaM tarpayAmi, dAmOdaraM tarpayAmi

punarAcamanaM ::

acyutAya namaH, anantAya namaH, -----

japakramaH ::

OM Asanamantrasya pRuthivyA mEru pRuShTha RuShiH	Sirasi
sutalaM CandaH	nAsAgraM
SrI kUrmO dEvata	hRudaya/nABi

AsanE viniyOgaH	PrAtaH gAyatrI japa has to be done standing, at a sanctified spot.
--------------------	--

Sanctify the spot by saying OM BUrBuvassuvaH and sprinkle water
pRuthvitvayA dhRutA lOkA dEvItvaM viShNunA dhRutA|
tvaMca dhAraya mAM dEvi pavitraM kurucAsanam||

nyAsam ::

OM praNavasya RuShi brahma	Sirasi
dEvI gAyatrI CandaH	nAsAgraM
paramAtmA dEvata	hRudaya/nABi

OM BUrAdi sapta vyAhRutInAM atri, BRugu, kutsa, vasiShTha, gautama, kASyapa, A~ggirasa RuShayaH	Sirasi
gAyatrI, uShNik, anuShTup, bRuhati, pa~gti, tRuShTup, jagatyaH, CandAgMsi	nAsAgraM
agni, vAyu, arka, vAgISa, varuNa, indra, viSvEdEvAH, dEvataH	hRudaya/nABi

sAvitryA RuShiH viSvAmitraH	Sirasi
dEvI gAyatrI CandaH	nAsAgraM
savitA dEvata	hRudaya/nABi

gAyatrI SirasO brahma RuShiH	Sirasi
anuShTup CandaH	nAsAgraM
paramAtmA dEvata	hRudaya/nABi

sarvEShAM prANayAmE viniyOgaH

(perform Atma AvAhanaM and fold the palms again in praNAma/namaste posture)

muktAvidruma, hEmanIla, dhavaLacCAyaiH, muKai strIkShaNaiH, yuktAmindukaLa nibaddhamakuTAM, tatvArtha varNAtmikAM | gAyatrIM varadABayAM, kuSakaSaM, SuBraM kapAlaM guNaM | SanKaM cakra mathAravindayugaLaM hastairvahantIM BajE ||

(meditate on the form of gAyatrI dEvi) ::

OmApO jyOtirasOsmRutaM brahma BUrBuvassuvarOm

(while chanting the above mantra, perform Atma pariSuddhi with the two palms by gently touching from head to toe)

arkamaNDala madhyasthaM sUryakOTisamapraBaM |
brahmAdi sEvya pAdAbjaM naumibrahma ramAsaKaM ||

(meditate on gaayatrii dEvi in the form of light which is 10 million times brighter than the Sun -sUryakOTisamapraBaM saying above mantra)

triH prANAnAyamya ::(perform prANAyAma thrice) ::

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

(after prANAyAmam thrice, hold the palms in saN^kalpa posture)

SrI BagavadAj~jayA, SrImannArAyaNa prItiyarthaM,
mAdhyAhnika sandhya aShTOttara Sata sanKyayA (108)

(or) ::

aShTAViMSati sanKyayA (28) (minimum)
gAtrI mahAmantrajapaM kariShyE||

(gAyatrI AvAhanam) ::

AyAtu ityanuvAkasya vAmadEva RuShiH	Sirasi
anuShTup CandaH	nAsAgraM
gAyatrI dEvatA	hRudaya/nABi

gAyatrI AvAhanE viniyOgaH (AtmaAvAhanaM) ::

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)

(hold the palms together in praNAma/namaste posture) ::

madhyan dinEtu sAvitrIM ravimaNDalamadhyagAM |
yajurvEdaM vyAharantIM SvEtAM SULakarAM SivAm |
yuvatIM rudradEvatyAM dhyAyAmi vRuShaBa vAhanAm ||

sAvitryA RuShiH viSvAmitraH	Sirasi
dEvI gAyatrI CandaH	nAsAgraM
savitA dEvata	hRudaya/nABi

yOdEvO savitAsmAkaM dhiyO dharmAdi gOcarAH |
prErayEt tasya yadBargaH tadvarENya mupAsmahE ||
AdityamaNDalE dhyAyEt paramAtmAna mavvayam |
viShNuM caturBujaM ratna kuNDalair maNDitA~ggaM ||
sarva ratna samAyukta sarvABaraNa BUShitAm |
EvaM dhyAtva japEnnityaM mantra maShTOttaraM Satam||

gAyatrI japaM ::(at least 28 times)

OM | BUrBuva ssuvaH | tatsavitur varENiyaM | BargO
dEvasya dhImahi | dhiyO yOnaH pracOdayAt ||

OM | BUrBuva ssuvaH |

gAyatrI upasthAnam ::

punaH prANAnAyamya ::

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

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

SrI BagavadAj~jaya SrIman nArAyaNa prItiyarthaM
mAdhyAhnika sandhya gAyatrI upasthAnaM kariShyE

uttama ityanuvAkasya vAmadEva RuShiH	Sirasi
anuShTup CandaH	nAsAgraM
gAyatrI dEvata	hRudaya/nABi

gAyatrI udvAsanE viniyOgaH (Perform udvAsana mudra with the palms, and hold the palms in pranAma—namaste—posture)

uttamE SiKarE dEvI BUmyAM parvata mUrdhani |
brAhmaNEByO hyanuj~jAnaM gacCadEvi yathAsuKam||

OM | AsatyEna rajasa vartamAnO nivESayan
amRutaM martyaM ca |
hiraNyayEna (hiraNmayEna)savitArathEna
AdEvO yAti BuvanA vipaSyam ||

udvayaM tamasaspari paSyantO jyOtiruttaram |
dEvaM dEvatrAsUrya maganma jyOtiruttamam ||

udutyaM jAtavEdasaM | dEvaM vahanti kEtavaH ||

dRuSE viSvAya sUryaM |
citraM dEvAnA mudagAdanIkaM
cakShurmitrasya varuNasyAgnEH ||

AprAdyAvA pRuthivI antarikShaM
sUrya AtmA jagata stasthu ShaSca |
taccakShur dEvahitaM
purastAcCukramuccarat ||

sUrya darSanaM ::

paSyEma SaradaSSataM |
jIvEma SaradaSSataM |
nandAma SaradaSSataM |
mOdAma SaradaSSataM |
BavAma SaradaSSataM |
SRuNavAma SaradaSSataM |
prabravAma SaradaSSataM |
ajItAssyAma SaradaSSataM |
jyOkca sUryaM dRuSE ||

sUrya darSanaM ::completed--fold palms in namaskAra posture ::

ya udagAnmahatOsrNavAt biBrAjamAnassarirasya madhyAt |
sa mA vRuShaBO rOhitAkSha ssUryO vipaScin manasA punAtu||

sandhyAdi dEvatA vandanaM ::

OM sandhyAyai namaH	FacingEast
OM sAvitryai namaH	FacingSouth
OM gAyatryai namaH	FacingWest
OM sarasvatyai namaH	FacingNorth
OM sarvAByO dEvatAByO namO namaH	FacingEast
OM kAmO kArShIt manyurakArShIt namOnamaH	FacingEast

aBivAdanaM ::

aBivAdayE (*****) (*****) (*****) (*****) RuShEya
pravarAnvita (*****) gOtraH (*****) sUtraH (*****)
SSAKAdhyAyI SrI (*****) SarmAnAmAhaM asmiBOH||

dik vandanaM ::

OM prAcyai diSE namaH	Facing East
OM dakShiNAyayi diSEnamaH	Facing South
OM pratIcyai diSEnamaH	Facing West
OM udIcyai diSEnamaH	Facing North
Face East for the following vandanA-s	
OM UrdhvAyanamaH	show the folded palms upwards
OM adharAya namaH	show the folded palms to the ground
OM antarikShAya namaH	show the folded palms upwards
OM BUmyai namaH	show the folded palms to the ground
OM viShNavE namaH	show the folded palms straight ahead

dhyEyassadA savitRumaNDala madhyavarti
nArAyaNaH sarasijAsana sanniviShTaH |
kEyUravAn makarakuNDalavAn kirITI hArI
hiraNmaya (hiraNyaya) vapuH dhRuta Sa~gKa cakraH ||
Sa~gKa cakra gadA pANE dvArakA nilayAcyuta |
gOvinda puNDarIkAkSha rakSha mAM SaraNAgatam ||
namO brahmaNya dEvAya gObrAhmaNa hitAya ca |
jagaddhitAya kRuShNaya SrI gOvindAya namO namaH||

praNamyA (sAShTA~gga praNAma), aBivAdayEt ::

aBivAdayE (*****) (*****) (*****) (*****) RuShEya
pravarAnvita (*****) gOtraH (*****) sUtraH (*****)
SSAKAdhyAyI SrI (*****) SarmA nAmAhaM asmiBOH||

SrI kRuShNAya namaH, SrI kRuShNAya namaH,

(above japa mantra to be recited slowly 10 times) ::

punarAcamanaM ::

acyutAya namaH, anantAya namaH,

saying OM BUrBuvassuvaH perform sthala Suddhi ::

sAtvikatyAgaH :: (hold the palms in namaskAra posture) ::

OM BagavAnEva mAdhyAhnika sandhyAvandanAKyaM
karma BagavAn svasmai svaprItayE svayamEva kAritavAn

SrIra~gga ma~ggaLa nidhiM karuNA nivAsam

SrI vE~gkaTAdri SiKarAlaya kAla mEGam |

SrI hastiSaila SiKarOjvala pArijAtam

SrISaM namAmi SirasA yaduSaila dIpam ||

kAyEnavAcA manasEndriyairvA

buddhyAsstmanA vA prakRutEH svaBAvAt |

karOmi yadyat sakalaM parasmai SrIman nArAyaNAyEti
samarpayAmi ||

sarvaM SrIkRuShNArpaNamastu

* * * * *

OM

sAyaM sandhyAvandanaM

AcamanaM::

acyutAya namaH, anantAya namaH -----

prANAyAmaM::

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

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

SrI BagavadAj~jayA SrImannArAyaNa prItiyarthaM
sAyaM sandhyA mupAsiShyE

sAtvikatyAgaH::(hold the palms in namaskAra posture)

OM BagavAnEva sAyaM sandhyA vandanAKyaM karma
BagavAn svasmai svaprItayE svayamEva kArayati

mantra prOkShaNAM

ApOhiShThEtimantrasya sindhudvIpa RuShiH	Sirasi
dEvI gAyatrI CandaH	nAsAgraM
ApO dEvatA	hRudaya/nABi

apAM prOkShaNE viniyOgaH

OM ApOhiShThA mayOBuvaH	Sirassu prOkShaNa
tA na UrjE dadhAtana	Sirassu prOkShaNa
mahE raNAya cakShasE	Sirassu prOkShaNa
yOvaH SivataMO rasaH	Sirassu prOkShaNa
tasya BAjayatEhanaH	Sirassu prOkShaNa
uSatIriVa mAtaraH	Sirassu prOkShaNa
tasmA ara~ggamAmavaH	Sirassu prOkShaNa
yasya kShayAya jinvatha	pAdAnguLi prOkShaNa
ApO janayathA canaH	Sirassu prOkShaNa
OM BUrBuvassuvaH	Atma pariShincanaM

mantrAcamanaM (prASanaM)::

agniScEtyanu vAkasya sUrya RuShiH	Sirasi
dEvI gAyatrI CandaH	nAsAgraM
agnir dEvata	hRudaya/nABi

apAM prASanE viniyOgaH

OM agniSca mA manyuSca manyupatayaSca manyu
kRutEByaH | pApEByO rakShaMtAm | yadahnA pApa
makArSham | manasA vAcA hastAByAm | padByAmudarENa
SiSnA | ahastadavaluMpatu | yatkiMca duritaM mayi |
idamahaM mAmamRuta yOnau | satyE jyOtiShi juhOmi
svAhA ||

puna rAcamanaM ::

acyutAya namaH, anantAya namaH, -----

punar mArjanam ::

dadhikrAvaNNa iti mantrasya, vAmadEva RuShiH	Sirasi
anuShTup CandaH	nAsAgraM
dadhikrAvA dEvatA	hRudaya/nABi

apAM prOkShaNE viniyOgaH

OM dadhikrAv NNO akAriShaM	Sirassu prOkShaNa
jiShNO raSvasya vAjinaH	Sirassu prOkShaNa
suraBi nO muKAkarat	Sirassu prOkShaNa
praNa AyUgMShi tAriShat	Sirassu prOkShaNa
ApOhiShThA mayO BuvaH	Sirassu prOkShaNa
tA na UrjE dadhAtana	Sirassu prOkShaNa
mahE raNAya cakShasE	Sirassu prOkShaNa
yOvaH SivataMO rasaH	Sirassu prOkShaNa
tasya BAjayatE hanaH	Sirassu prOkShaNa
uSatIriVa mAtaraH	Sirassu prOkShaNa
tasmA ara~gga mAmavaH	Sirassu prOkShaNa
yasyakShayAya jinvatha	pAdAnguLi prOkShaNa
ApO janayathA canaH	Sirassu prOkShaNa
OM BUrBuvassuvaH	Atma pariShincanaM

arGyapradAnaM ::

punaH prANAnAyamya ::

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

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

SrI BagavadAj~jayA SrIman nArAyaNa prItiyarthaM sAyaM
sandhya arGyapradAnaM kariShyE

arGyapradAna mantrasya viSvAmitra RuShiH	Sirasi
dEvIgAyatrICandaH	nAsAgraM
savitA dEvatA	hRudaya/nABi

arGyapradAnE viniyOgaH

OM, BUrBuvassuvaH, tatsaviturvarENyaM, BargOdEvasya dhImahi, dhiyO yOnaH pracOdayAt	First arghyaM
OM, BUrBuvassuvaH, tatsaviturvarENyaM, BargOdEvasya dhImahi,.....	(Second)
OM, BUrBuvassuvaH, tatsaviturvarENyaM, BargOdEvasya dhImahi,.....	(Third)

(Recite the mantra thrice and offer arghyam thrice, once after each recitation)

prAyaScitta arGyaM

punaH prANAnAyamya ::

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

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

SrI BagavadAj~jyayA SrImannArAyaNapriItyarthaM sAyaM
sandhya kAlAtIta prAyaScittArthaM turIya arGya pradAnaM
kariShyE

turIya arGyapradAnamantrasya sAndIpanI RuShiH	Sirasi
dEvIgAyatrICandaH	nAsAgraM
savitA dEvatA	hRudaya/nABi

turIya arGyapradAnE viniyOgaH

OM| BUrBuvassuvaH, tatsaviturvarENyaM, BargOdEvasya
dImahi, dhiyO yOnaH pracOdayAt :: OM BUH, OM BuvaH,
OM suvaH, OM mahaH, OM janaH, OM tapaH, OgMsatyaM

(invoke the above mantra and offer prAyaScitta arghyam once)

OM BUrBuvassuvaH (AtmapariShincanaM)

asAvAdityObrahmA (Atma pradakShiNaM)

punarAcamanaM ::

acyutAya namaH, anantAya namaH, -----

kESavAdi tarpaNam ::

kESavaM tarpayAmi, nArAyaNaM tarpayAmi, mAdhavaM tarpayAmi, gOvindaM tarpayAmi, viShNuM tarpayAmi, madhusUdanaM tarpayAmi, trivikramaM tarpayAmi, vAmanaM tarpayAmi, SrIdharaM tarpayAmi, hRuShIkESaM tarpayAmi, padmanABaM tarpayAmi, dAmOdaraM tarpayAmi

punarAcamanaM ::

acyutAya namaH, anantAya namaH, -----

japakramaH ::

OM Asanamantrasya pRuthivyA mEru pRuShTha RuShiH	Sirasi
sutalaM CandaH	nAsAgraM
SrI kUrmO dEvata	hRudaya/nABi

AsanE viniyOgaH	PrAtaH gAyatrI japa has to be done standing, at a sanctified spot.
--------------------	--

Sanctify the spot by saying OM BUrBuvassuvaH and sprinkle water
pRuthvitvayA dhRutA lOkA dEvItvaM viShNunA dhRutA|
tvaMca dhAraya mAM dEvi pavitraM kurucAsanam||

nyAsam ::

OM praNavasya RuShi brahma	Sirasi
dEvI gAyatrI CandaH	nAsAgraM
paramAtmA dEvata	hRudaya/nABi

OM BUrAdi sapta vyAhRutInAM atri, BRugu, kutsa, vasiShTha, gautama, kASyapa, A~ggirasa RuShayaH	Sirasi
gAyatrI, uShNik, anuShTup, bRuhati, pa~gti, tRuShTup, jagatyaH, CandAgMsi	nAsAgraM
agni, vAyu, arka, vAgISa, varuNa, indra, viSvEdEvAH, dEvatAH	hRudaya/nABi

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

gAyatrI SirasO brahma RuShiH	Sirasi
anuShTup CandaH	nAsAgraM
paramAtmA dEvatA	hRudaya/nABi

sarvEShAM prANAYAmE viniyOgaH

(perform Atma AvAhanaM and fold the palms again in praNAma/namaste posture)

muktAvidruma, hEmanIla, dhavaLacCAyaiH, muKai strIkShaNaiH, yuktAmindukaLA nibaddhamakuTAM, tatvArtha varNAtmikAM | gAyatrIM varadABayAM, kuSakaSaM, SuBraM kapAlaM guNaM | SanKaM cakra mathAravindayugaLaM hastairvahantIM BajE ||

(meditate on the form of gAyatrI dEvi) ::

OmApO jyOtirasOsmRutaM brahma BUrBuvassuvarOm

(while chanting the above mantra, perform Atma pariSuddhi with the two palms by gently touching from head to toe)

arkamaNDala madhyasthaM sUryakOTisamapraBaM |
brahmAdi sEvya pAdAbjaM naumibrahma ramAsaKaM ||

(meditate on gaayatrii dEvi in the form of light which is 10 million times brighter than the Sun -sUryakOTisamapraBaM saying above mantra)

triH prANANAyamya ::(perform prANAyAma thrice) ::

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

(after prANAyAmam thrice, hold the palms in saN^kalpa posture)

SrI BagavadAj~jayA, SrImannArAyaNa prItyarthaM,
sAyaM sandhya aShTOttara Sata sanKyayA (108)

(or) ::

aShTAViMSati sanKyayA (28) (minimum)
gAtrI mahAmantrajapaM kariShyE||

(gAyatrI AvAhanam) ::

AyAtu ityanuvAkasya vAmadEva RuShiH	Sirasi
anuShTup CandaH	nAsAgraM
gAyatrI dEvatA	hRudaya/nABi

gAyatrI AvAhanE viniyOgaH (AtmaAvAhanaM) ::

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)

(hold the palms together in praNAma/namaste posture) ::

sAyaM sarasvatIM SyAmAM ravimaNDalamadhyagAM |
sAmavEdaM vyAharantIM cakrAyudhadharAM SuBAM ||
dhyAyAmi viShNudaivatyaM vRuddhAM garuDavAhanAM ||

sAvitryA RuShiH viSvAmitraH	Sirasi
dEvI gAyatrI CandaH	nAsAgraM
savitA dEvata	hRudaya/nABi

yOdEvO savitAsmAkaM dhiyO dharmAdi gOcarAH |
prErayEt tasya yadBargaH tadvarENya mupAsmahE ||
AdityamaNDalE dhyAyEt paramAtmAna mavvayam |
viShNuM caturBujaM ratna kuNDalair maNDitA~gganam ||
sarva ratna samAyukta sarvABaraNa BUShitAm |
EvaM dhyAtvA japEnnityaM mantra maShTOttaraM Satam||

gAyatrI japaM ::(at least 28 times)

OM | BUrBuva ssuvaH | tatsavitur varENiyaM | BargO
dEvasya dhImahi | dhiyO yOnaH pracOdayAt ||

OM | BUrBuva ssuvaH |

gAyatrI upasthAnam ::

punaH prANAnAyamya ::

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

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

SrI BagavadAj~jayA SrIman nArAyaNa prItiyarthaM
sAyaM sandhya gAyatrI upasthAnaM kariShyE

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

gAyatrI udvAsanE viniyOgaH (Perform udvAsana mudra with the palms, and hold the palms in pranAma—namaste—posture)

uttamE SiKarE dEvI BUmyAM parvata mUrdhani |
brAhmaNEByO hyanuj~jAnaM gacCadEvi yathA suKam||
OM | imaM mE varuNa SrudhI havaM adyA ca mRuDaya |
tvAmava- syurAcakE| tatvAyAmi brahmaNA vaMdamAnaH |
tadA SastE yajamAnO havirBiH | ahEDamAnO varuNEha
bOdhi | uruSagMsa mA na AyuH pramOShIH | yacciddhi tE
viSO yathA pra dEva varuNa vratam| minImasi dyavidyavi||
yatkiMcEdaM varuNa daivyE janE_sBidrOhaM manuShyA
ScarAmasi | acittI yattava dharmA yuyOpima mA
nastasmAdEnasO dEvarIriShaH || kitavAsO yadriripurna
dIvi yadvAGA satyamuta yanna vidma | sarvAtA viShya
SithirEva dEva athA tE syAma varuNa priyAsaH ||

sandhyAdi dEvatA vandanaM ::

OM sandhyAyai namaH	FacingEast
OM sAvitryai namaH	FacingSouth
OM gAyatryai namaH	FacingWest
OM sarasvatyai namaH	FacingNorth
OM sarvAByo dEvatAByo namO namaH	FacingEast
OM kAmO kArShIt manyurakArShIt namOnamaH	FacingEast

aBivAdanaM ::

aBivAdayE (*****) (*****) (*****) (*****) RuShEya
pravarAnvita (*****) gOtraH (*****) sUtraH (*****)
SSAKAdhyAyI SrI (*****) SarmAnAmAhaM asmiBOH||

dik vandanaM ::

OM prAcyai diSE namaH	Facing East
OM dakShiNAyayi diSEnamaH	Facing South
OM pratIcyai diSEnamaH	Facing West
OM udIcyai diSEnamaH	Facing North
Face East for the following vandanA-s	
OM UrdhvAyanamaH	show the folded palms upwards
OM adharAya namaH	show the folded palms to the ground
OM antarikShAya namaH	show the folded palms upwards
OM BUmyai namaH	show the folded palms to the ground
OM viShNavE namaH	show the folded palms straight ahead

dhyEyassadA savitRumaNDala madhyavarti
nArAyaNaH sarasijAsana sanniviShTaH |
kEyUravAn makarakuNDalavAn kirITI hArI
hiraNmaya (hiraNyaya) vapuH dhRuta Sa~gKa cakraH ||
Sa~gKa cakra gadA pANE dvArakA nilayAcyuta |
gOvinda puNDarIkAkSha rakSha mAM SaraNAgatam ||
namO brahmaNya dEvAya gObrAhmaNa hitAya ca |
jagaddhitAya kRuShNaya SrI gOvindAya namO namaH||

praNamya (sAShTA~gga praNAma), aBivAdayEt ::

aBivAdayE (*****) (*****) (*****) (*****) RuShEya
pravarAnvita (*****) gOtraH (*****) sUtraH (*****)
SSAKAdhyAyI SrI (*****) SarmA nAmAhaM asmiBOH||

SrI kRuShNAya namaH, SrI kRuShNAya namaH,

(above japa mantra to be recited slowly 10 times) ::

punarAcamanaM ::

acyutAya namaH, anantAya namaH,

saying OM BUrBuvassuvaH perform sthala Suddhi ::

sAtvikatyAgaH :: (hold the palms in namaskAra posture) ::

OM BagavAnEva sAyaM sandhyAvandanAKyaM karma
BagavAn svasmai svaprItayE svayamEva kAritavAn

SrIra~gga ma~ggaLa nidhiM karuNA nivAsam

SrI vE~gkaTAdri SiKarAlaya kAla mEGam |

SrI hastiSaila SiKarOjvala pArijAtam

SrISaM namAmi SirasA yaduSaila dIpam ||

kAyEnavAcA manasEndriyairvA

buddhyAsstmanA vA prakRutEH svaBAvAt |

karOmi yadyat sakalaM parasmai SrIman nArAyaNAyEti
samarpayAmi ||

sarvaM SrIkRuShNArpaNamastu

* * * * *

SrI lakShmInRusiMha parabrahmaNE namaH annapariShEcanaM

annapariShEcanaM is the formal offering of food to the external [paramAtmA](#) as well as the internal [jIvAtmA](#).. Since rice is the traditional staple food , [annaM](#) usually refers to cooked rice. After food is served on the plate or leaf:—

it is sanctified by doing [Suddhi prOkShaNa](#).

offered to God through [mAnasika arpaNa](#)

the food plate or leaf is circumambulated clockwise with [droplets](#) of water dripping from finger tips—called [pariShEcanaM](#).

a small sip of water is injected similar to [AcamanaM](#)

tiny morsels of food gripped with finger tips are injected seven times, uttering appropriate mantrA-s. Regular meal starts afterwards.

at the end of the meal, a sip of water is followed with one more [pariShEcanaM](#).called [uttarA BOjanaM](#)

prAtaHkAla BOjanaM

uccAraNa mantraM	kriyamANa kramaM
OM BUrBuvassuvaH	anna prOkShaNaM + mAnasika BagavadarpaNaM
OM BUrBuvassuvaH	anna pariShEcanaM - 1
satyaM tvartvEna pariShiMcAmi	anna pariShEcanaM - 2
amRutOpastaraNamasi	tIrtha svIkaraNaM
prANaya svAhA apAnAya svAhA vyAnAya svAhA udAnAya svAhA samAnAya svAhA brahmaNE svAhA brahmaNimAtmAnutatvAya SrI gOvindAya namaH	anna svIkaraNaM anna svIkaraNaM anna svIkaraNaM anna svIkaraNaM anna svIkaraNaM anna svIkaraNaM anna svIkaraNaM anna svIkaraNaM tadupari BOjanaM
amRutABidhAnamasi	uttarA BOjanaM tIrtha svIkaraNaM, + patra pariShEcanaM

rAtri BOjanaM

uccAraNa mantraM	kriyamANa kramaM
OM BUrBuvassuvaH	anna prOkShaNaM + mAnasika BagavadarpaNaM
OM BUrBuvassuvaH	anna pariShEcanaM - 1
RutaMtvA satyEna pariShiMcAmi	anna pariShEcanaM - 2
amRutOpastaraNamasi	tIrtha svIkaraNaM
prANaya svAhA apAnAya svAhA vyAnAya svAhA udAnAya svAhA samAnAya svAhA brahmaNE svAhA brahmaNimAtmAnutatvAya SrI gOvindAya namaH	anna svIkaraNaM anna svIkaraNaM anna svIkaraNaM anna svIkaraNaM anna svIkaraNaM anna svIkaraNaM anna svIkaraNaM anna svIkaraNaM tadupari BOjanaM
amRutABidhAnamasi	uttarA BOjanaM tIrtha svIkaraNaM, + patra pariShEcanaM

If rice is not served or if circumstances are not conducive to follow the full procedure, it may be simplified as follows:—

mentally repeat the mantras.

offer the food to God through **mAnasika arpaNa**
then enjoy the meal.

It is also the practice in several places to chant BagavadgItA verse 24 chapter 4, before a meal.

brahmArpaNaM brahma havir
brahmAgnau brahmaNA hutam |
brahmaiva tEna gantavyaM
brahmakarma samAdhinA ||
(B.G.4-24)

sarvaM SrIkRuShNArpaNamastu

* * * * *