

Sree Vigneswaraya Namaha

Yajur Upakarma 2011

AVANI AVITTAM - August 13th (Saturday)

GAYATHRI JAPAM - August 14th (Sunday)

For GRIHASTAL'S the following are the rituals to be performed on Aavani Avittam Day.

SANDHYA VANDHANAM (Nityakarma Anushtana)

OWPASANAM (Nityakarma Anushtana)

KAMO KARSHEETH JAPAM

MAADHYANIKAM (Nityakarma Anushtana)

BRAHMAYAJNAM

Deva Rishi Tarpanam

Deva Rishi Pitru Tarpanam

MAHA SANKALPAM

THREAD CHANGING (POONAL MAARAL)

KANDARISHI THARPANAM

VEDHARAMBAM

Jayaadi Homam

GAYATRI JAPAM (On 14th August 2011)

For BRAHMACHARI'S the following are the rituals to be performed on Avani Avittam Day.

KSHOWRAM - thereafter bath

THREAD CHANGING (POONAL MAARAL)

SANDHYA VANDHANAM (Nityakarma Anushtana)

SAMIDHADHANAM (Nityakarma Anushtana)

KAMO KARSHEETHU JAPAM

MAADHYANIKAM (Nityakarma Anushtana)

BRAHMAYAJNAM

Deva Rishi Trapanam

Deva Rishi Pitru Tarpanam

MAHA SANKALPAM

THREAD CHANGING (POONAL MAARAL)

SPECIALMANTRA FOR BRAHMACHARICAL

KANDARISHI THARPANAM

VEDHARAMBAM

GAYATRI JAPAM (On 14th Aug 2011)

THREAD CHANGING (POONAL MAARAL)

ACHAMANAM

ACHUDAAYA NAMAHA ANANTHAAYA NAMAHA GOVINDAAYA NAMAHA

KESHAVAA NARAAYANAA MADHAVAA GOVINDAA VISHNO MADHUSUDHANAA
TRIVIKRAMAA VAAMANAA SREEDHARAA RISHIKESHA PADMANAABHAA DAAMODARAA

OM SHUKLAAM BHARADHARAM VISHNUM SASHIVARNAM CHATHURBHUJAM
PRASANNA VADHANAM DYAAAYETH, SARVA VIGNA UPASAANTHAYE -

PRANAYAMAM - OM BHUUHU, OM BHUVAHA, OGUM SUVAHA, OM MAHAHA, OM
JANAHA, OM THAPAHA, OGUM SATHYAM, OM THATSAVITHUR VARENYAM,
BARGODEVASYA DEEMAHI DHEEYO-YONA PRACHOTHAYAATH – OMAAPA:
JYOTHIRASA: AMRUTHAM BRAHMAA BHURBUVASSUVAROM. (TOUCH THE
RIGHT HAND EAR).

SANKALPAM: MAMOPAAKTHA SAMASTHA DHURITHA KSHAYADHWAARA SREE
PARAMESWARA PREETHYARTHAM

SRAAVANYAAM POURNAMAASYAAM ADHYAAYA UPAAKARMA ANGAM

SROWTHA SMAARTHA VIHITHA NITYAKARMA ANUSHTAANA SADHAACHARA
YOGYATHAA SIDHYARTHAM

BRAHMATHEJO: ABI VRUDHYARTHAM YAJNOPAVEETHA DHAARANAM
KARISHYE.

YAJNOPAVEETHA DHAARANA MAHAAMANTRASYA PARABRAHMA RISHIHI,
(TOUCH THE HEAD)

TRISHTUP CHANDHAHA (TOUCH THE NOSE)

PARAMAATHMA DEVATHA (TOUCH THE CHEST).

YAGYOPAVEETHA DHAARANE VINIYOGAHAA (KEEP BOTH HANDS AS
“NAMASTHE” FOR A SECOND).

TAKE THE NEW POONAL (ONE BY ONE) IN THE HAND AND SAY - (BRAHMA
MUDICHU IN RIGHT HAND (INNER SIDE FACING THE SKY) LEFT HAND WITH
INNER SIDE FACING BHOOMI WITH PAVITRAM FINGER IN WATER IN THE
PANCH PAATRAM) AND SAY:

YAGYO PAVEETHAM PARAMAM PAVITHRAM PRAJAAPATHE:

YATHU SAHAJAM PURASTHA ATHU

AAYUSHYAM AGRIYAM PRATHIMUNJA SHUBRAM

YAGYOPAVEETHAM BALAMASTHU THEJAHAA – HARI: OM (WEAR ONE POONAL).

YAYOO PAVEETHAM ----- HARI: OM (WEAR 2ND POONAL)

YAGYO PAVEETHAM ----- HARI: OM (WEAR 3RD POONAL)

AACHAMANAM

REMOVE THE OLD POONAL - SAY –

UPAVEETHAM BHINNATHANTHUM JEERNAM KASHMALA DHOOSHITHAM

VISRUJAAMI PUNA: BRAHMA VARCHO DEERGAYURASTHU ME. (PUT THE POONAL IN THE RIGHT HAND SIDE).

- OM THATSATHU BRAHMARPPANAM ASTHU
- AACHAMANAM

SAMIDHADHANAM (Nityakarma Anushtana)

FACE TO EAST -INFRONT OF YOU KEEP AN AGNIKUNDAM (FIRE BOX). KEEP THE FIRE READY IN THE AGNIKUNDAM.

AACHAMYA: ACHUTHAAYA NAMAHA - ANANTHAAYA NAMAHA - GOVINDAAYA NAMAHA

ANGA VANDHANAM - KESAVAA-NARAYANAA, MADHAVAA-GOVINDHAA, VISHNU-MADHUSOODHANAA, TRIVIKRAMAA-VAMANAA, SRIDHARAA-RISHIKESAA, PADMANABHAA-DAMODHARAA.

VINAYAANKAR VANDANAM - OM SUKLAAM BHARADHARAM VISHNUM SASHIVARNAM CHATHURBUJAM PRASANNA VADHANAM DYAAAYETH, SARVA VIGNA UPASAANTHAYE

PRANAAYAAMAM - OM BHUUHU, OM BHUVAHA, OGUM SUVAHA, OM MAHAHA, OM JANAHA, OM THAPAHA, OGUM SATHYAM, OM THATSAVITHUR VARENYAM, BARGODEVASYA DEEMAHI DHEEYO-YONA PRACHOTHAYAATH - OMAAPO JYOTHIRASAHAA AMRUTHAM BRAHMAA BHURBUVASSUVAROM. (TOUCH THE RIGHT HAND EAR).

SANKALPAM: MAMOPAAKTHA SAMASTHA DHURITHA KSHAYA DHWAARAA SREE PARAMESWARA PREETHYARTHAM –

PRAATHA SAMIDHAADHAANAM KARISHYE style=(IN THE EVENING SAY “SAYAM” INSTEAD OF PRAATHA).

AAPA UPAS PRASHYA (TOUCH WATER) – LIGHT FIRE

BHOORBAVASSU VAROM AGNIM PRATISHTAABHYA

KEEP THE BOTH HAND AS “NAMASTHE” AND PRAY TO AGNI BHAGAVAN –

PRAARTHANAI - PARITHWAAGNE PARIMRUJAAMI AAYUSHAA CHA DHANENA CHAA. SUPRAJAA: PRAJAYAA BHOOYAASAM SUVEERO VEERAIHI, SUVEERO: VARCHASAA, SUPOSHA: POSHAIHI, SUGRUHO GRIHAIHI, SUPATHI: PATHYAA: SUMEDHAA MEDHAYAA SUBRAHMAA BRAHMMA CHARIBIHI.

OM BHOORBA VASSUVAHAA (Circle water around the fire)

- ATITE ANU MANYA SWAAHAA (TERKU – FROM BOTTOM TO UP) RIGHT
- ANUMATE ANU MANYA SWAHA (TERKKU TO VADAKKU – DOWN LEFT TO RIGHT)
- SARASWATE ANU MANYA SWAAHAA (VADAPURAM – LEFT DOWN TO UP)
- DEVA SAVITA PRASUVAHAA (Circle water around the fire)

NOW THE HOMAM STARTS –

EACH SAMITHU OR DARBHA TO BE KEPT IN THE AGNI AFTER SAYING SWAHA:

1. AGNAYE SAMIDHAM AHAARUSHAM BRUHATHE JAATHAVEDHASE
YATHAA TWAM AGNE SAMIDHAA SAMIDHYASE EVAM MAAM AAYUSHAA
VARCHASAA SANYAA MEDHAYAA PRAJAYAA PASUBIHI BRAHMA
VARCHASENAA ANNAADYENAA SAMEDHAYAA SWAAHA AA
2. EDHO OSI EDHUSHEEMAHISWAHA AA
3. SAMIDHASI SAMEDHISHEEMAHISWAHA AA
4. TEJOSI THEJOMAHISWAHA AA
5. APO ATYAA ANWA CHAARISHAM RASENAA SAMASRUKSH MAHI
PAYASWAAN AGNA AAGAMAM THAM MAA SAGUM SRUJAA VARCHASAA
SWAAHA AA
6. TAMMAA AGNE VARCHASAA SRUJAA PRAJAYAA CHA DHANENA CHA
SWAAHA AA
7. VIDYUMNE ASYA DEVAHAA INDRO VIDYATH SAHARSHIBI: SWAAHA AA
8. AGNAYE BRUHATHE NAAGAAYA SWAAHA AA
9. DYAAVA PRITHIVI BYA GUM SWAAHA AA

10. ESHAA TE AGNE SAMITHTHAYAA VARDHASWACHAA AABHYAAYASWA
CHAA DHAYA AHUM VARDHAMANAHAA BHOUYAASAM ABHYAAYA
MANASCHA SWAAHA AA

11. YOMAA AGNE BAGINAGUM SANTHAM ATHAA BHAAGAM
CHIKERUSHATHI ABHAAGAMAGNE THAM KURU MAAMAGNE
BHAAGINAGUM GURU SWAAHA AA

12) SAMITHAMAATHAYA AGNE SARVAVRUTHO: BHUUYAASAGUM SWAAHA
AA

- BHU SWAAHA AGNAYE IDAM NAMAMA, BHUVA SWAAHA - VAYAVAA
IDANNAMMAMAA, SUVA SWAAHA - SURYAYAA IDANNAMAAMAA

- OM BHOORBA VA SUVAHA SWAAHA AA
- PRAJAA PATAYA IDANNAAMAMA
- 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)
- DEVA SAVITA PRAASAASVEEHI (Circle around the fire)

SWAAHA - PUT ONE MORE SAMITHU IN THE AGNI AND STAND UP BY
SAYING

UPASTAANAM:

“ AGNE UPASTAANAM KARISHYE”. SAY - (KEEPING THE BOTH HANDS
AS NAMASTHE) -

- YATHTHE AGNE THEJASTHENAA AHAM THEJASWI BHUUYAASAM
- YATHTHE AGNE VARCHASTENAA AHAM VARCHASWI BHUUYAASAM

- YATHTHE AGNE HARASTENAA AHAM HARASWI BHUUYAASAM
- MAYI MEDHAAM MAYI PRAJAAM MAYI AGNI: THEJO DHADHAATHU
- MAYI MEDHAAM MAYI PRAJAAM MAYI INDRAHA INDRIYAM DHADHAATHU - MAYI MEDHAAM , MAYI PRAJAAM MAYI SOORYAHAA BHRAAJO DHADHAATHU

- AGNAYE NAMAHA:

- MANTHRA HEENAM, KRIYAA HEENAM, BHAKTHI HEENAM, HUTHAASHANA, YADHUTANTU MAYAA DEVAA PARIPOORNAM THADASTHUTE, PRAYAASCHITHAANI ASHESHAANI, THAPA: KARMAATHMA KANIVAI, YAANITHESHAAS HESHAANAAM SRI KRISHNA ANUSMARANAM PARAM - SRI KRISHNA, KRISHNA KRISHNA –

- NAMAKARAM WITH “ ABHIVADHAYE....”

ABHIVAADAM (Follow yours)

ABHIVAADAYE KAASHYAPAA AAVATSAARA NAIDHRUVAA TRIAA HRSHEYAA
 PRAVARAAN VITA NAIDHRRUVA KAASHYAPA GOTRAHA APASTAMBA SUTRAHA
 YAJUH SHAAKHA ADDYAAHEE SRISARMANAHA ASMI
 BHOHO

RAKSHA (TAKE THE BASMAM 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 MAANA AAYUSHI MAANOGHOSHU MAANO ASHWESHU
 REERISHAHAA, VEERAANMANAHAA RUDRABHAAMITHO VADHEE:,
 HAVISHMANTAHAA NAMASAA VIDHEMATHE.

- | | | |
|----|-----------------------------|----------------|
| 1. | MEDHAAMI BHOOYAASAM | FOREHEAD |
| 2. | THEJASWI BHOOYAASAM | CHEST/HEART |
| 3. | VARCHASWI BHOOYAASAM | RIGHT SHOULDER |
| 4. | BRAHMA VARSHASWI BHOOYAASAM | LEFT SHOULDER |
| 5. | AAYUSHMAAN BHOOYASAM | NECK |
| 6. | ANNAADHO BHOOYAASAM | BACK NECK |
| 7. | SWASTI - BHOOYAASAM | HEAD |

PRAARTHANAI:

SRADHHAAM MEDHAAM YASHA PRAGYAAM VIDHYAAM BHUDHIM SRIYAM
BALAM AAYUSHYAM THEJA AAROGYAM DEHI ME HAVYA VAAHANAA - SRIYAM
DEHI ME HAVYA VAAHANA OM NAMA ITI.

KAAYENA VAACHAA MANASAA INDRIAIRVAA BUDHYAATMA NAABHAA
PRAKRUTE SVABHAAVAAT KAROMI YADHYAT SAKALAM PARASMAI
NAARAAINAAITI SAMARPAYAAMI

“ OM TATSATHU BRAHMAARPPANAM ASTHU.” (Put water in ground)

AACHAMANAM

KAAM MO KARSHEETH JAPAM

OM SRI GURIBHYO NAMA: HARI: OM

OM GANAANAAM TWA GANAPATIGUM HAWAAMAHE KAVIM KAVEENAAM
UPAMASRA VASTAMAM JYESHTA RAAJAM BRAHMANAAM
BRHMANASPATHA AA NA SRANVANN OOTI BHI SEETHA SAADHANAM OM
SHRI MAHAA GANAPATHYE NAMAHA

VAKRA TUNDA MAHAA KAYA SOORYA KOTI SAMA PRADHA NIRVIGNAM KURUME
DEVAA SARVA KAARYESHU SARVADAA AGAJAANANA PADMAARGAM
GAJAJANANAM AKALMITAM ANEKADANTAM BHAKTAANAAM EKADANTAM
UPAASMAHE

SRAAVANYAAM POURNAMAASYAAM ADHYAAYA UPAKARMAANGAM

Aacharya+Wear Pavithram(*) + Put Durbha Aasanam under the legs + Wear
Two Dharbha between the Pavithram)

AUM SUKLAAM BHARADHARAM VISHNUM SASHI VARNAM CHATHURBHUJAM
PRASANNA VADHANAM DYAAAYETH SARVA VIGNA UPASSANTHAYE - OM
BHUUHU, OM BHUVAHA, OM GUM SUVAAHA, OM MAHAHA, OM JANAHA, OM
THAPAHA, OOGUM SATHYAM OM THATASAVITHUR VARENYAM BARGO
DEVASYA DEEMAHI DHEEYO-YONA PRACHOTHAYAATH – OMAAPA:
JYOTHEERASA: AMRUTHAM BRAHMA BHURBUVASUVAROM OM OM OM.

MAMOPAAKTHA SAMASTHA DHURITHAKASHAYADWAARA SRI PARAMESWARA
PREETHYARTHAM –

THATHEVA LAGNAM SUDHINAM THADAIVAA, THAARAABALAM CHANDRABALAM
THADAIVAA, VIDHYAABALAM DAIVABALAM THADAIVAA, SRI LAKSHMIPATHE
ANGRIYUGAM SMARAAMI - APAVITHRAHA PAVITHROVAA SARVAA VASTHAAM
GATHOPIVAA - YASMARETH PUNDAREEKAASHAM - SABAAHYA ABHYANTHARA
HA SUCHIHI,

MAANASAM VAACHIKAM PAAPAM - KARMANAAM SAMUPAARJITHAM - SRI RAMA
SMARANENAIVA VYAPOHATHI NA-SAM SASAYAHA –

SRI RAMA, RAMA RAMA - THITHIR VISHNU - THATHAA VAARA NAKSHATRAM
VISHNUREVACHA YOGASCHA KARANAM CHAIVA SARVAM VISHNU MAYAM
JAGATH. SRI GOVINDA, GOVINDA GOVINDAA –

ADHYA SRI BAGAVATHAHAA, MAHAA PURUSHASYA, VISHNOR AAGNAYA,
PRAVARTHAMAANASYA, SHUBHE DINE SHOBHANE MUHOORTHE ADHYA
BRAHMANAHAA, DWITHEEYA PARAARDHE, SHWETHA VARAAHA KALPE,
VIVASWATHA MANWANTHARE, ASHTAAVIGUM SATHITHAME, KALIYUGE,
PRATHAME PAADHE, JUMBOO DWEEPE (For North America – KRAUNCHA
DWEEPE), BHAARATHA VARSHE (FOR North America – RAMANAKA VARSHE),
BHARATHA KHANDE (For North America – UTTARA OR AINDRA KHANDE),
MEROHO: DAKSHINE PAARSHWE (PASCHIME PAARSHWE) DANDAHAARANYE

SHAALIVAHANA SAKAABDE, ASMINNU VARTHAMAANE, VYAAVA HAARIKE,
PRABHAVAADHEENAM SHASHTYA SAMVATSARAANAM MADHYE **KARA NAAMA**
SAMVATSARE, **DAKSHINAAYANE**, **GREESHMA** RITHOW, **KATAKA** MAASE,
SHUKLA PAKSHE, ADHYA PAURNAMYAAM SHUBHATHITHOW VAASARAHA
STHIRA VAASARA YUKTHAAYAAM, **SRAVANA NAKSHATRA** YUKKTHAAYAAM,

SREEE VISHNU YOGA SRI VISHNU KARANA SUBAYOGA, SUBAKARANA, EVAM
GUNA SAKALA VISESHANA VISISHTAYAAM, ASYAAM VARTHAMAANAAYAAM
POURNAMAASYAAM SUBHATHITHOW MAMO PAAKTA SAMSTHA DHURITA
KSHYA DHWAARA SREE PARAMESHWARA PREETYARTHAM

- THAISHYAAM POURNAMAASYAAM ADHYAAYA UTSARJANA AKARANA
PRAAYASCHITHAARTHAM, ASHTOTHARA SAHASRA SANGYAYA (1008) OR
SHATA SANGYAYA (108) KAMOKAARSHEETH MANURA KAARSHEETH ITI MAHAA
MANTRA JAPAM ADHYA KARISHYE (Please repeat this sentence two times).

Remove the two dharbha and put it on the north side (which you kept between
the Pavithram). Slightly wash the hand with little water from the Panchapathram -
chant 10 times Pranayama Manthram "OM BHUHU +++++ OM OM OM".

1008 times chant the mantra as "KAMO KAARSHEETH MANYURA
KAARSHEETH" As soon as you finish 1008 times - remove the Pavithram and
do the Achamanam.

OHM TAT SAT BRAHMMARPANAM ASTHU

BRAHMAYAGYAM - AACHAMYA

AUM SUKLAAM BARADHARAM VISHNUM SASHI VARNAM CHATHURBHUJAM
PRASANNA VADHANAM DHYAYETH SARVA VIGNA UPASHANTHAYE -

OM BHUHU, OM BHUVAHA, OM GUM SUVAHA, OM MAHAHA, OM JANAHA, OM
THAPAHA, OOGUM SATHYAM OM THATSAVITHUR VARENYAM BHARGO
DEVASYA DEEMAHI DHEEYO-YONA PRACHOTHAYAATH - OMAAPA:
JYOTHEERASAHA AMRUTHAM BRAHMAA BHURBUVASSUVAROM OM OM OM.

MAMOPAAKTHA SAMASTHA DHURITHA KSHAYADHWAARA SRI PARAMESWARA
PREETHYARTHAM - BRAHMAYAGYAM KARISHYE - BRAHMA YAGNENA YAKSHYE

VIDHYURASI VIDHYAME PAAPMAANAM RUTHAAT SATHYAM UPAIMI (CLEAN
HANDS WITH WATER)

OM BHUUHU: TATSAVITHUR VARENYAM, OM BHUVAHAA BARGODEVASYA
DEEMAHI, OGUM SUVAHAA DHEEYO YONAHAA PRACHODHAYAATH - OM
BHUHU: TATSAVITHURVARENYAM, BARGODEVASYA DEEMAHI, OM BHUVAHAA
DHEEYO YONAHAA PRACHODAYAATH - OGUM SUVAHAA
TATSAVITHURVARENYAM, BARGODEVASYA DEEMAHI, DHEEYO YONA
PRACHODAYAATH -

HARI:OM AGNIMEE EELE PUROHITHAM YAJNASYA DEVAM RITHWIJAM, HOTHAA
AARAM RATHNA DHAATHAMAM HARI: OM

HARI: OM ISHE TVOR JETWAA VAAYAVASTHA UPAAYAVASTHA DEVOVAHAA
SAVITHAA PRAARPAYATHU SRESHTATHAMAAYAA KARMANE

HARI: OM AGNA AAYAAHI VEETHAYEE GRUNAANAHAA HAVYADHAATHAYE NI
HOTHA SATSI BARHISHI HARI: OM

HARI: OM SHANNO DEVI: ABISHTAYE AAPO BAVANTHU PEETHAYE: SANYO: ABHI
SRAVANTHU NAHAA HARIH: OM

OM BHURBAVASUVAHAA (Take one udarni water in the right hand - with that water
round your head and say the mantram as)

OM SATHYAM THAPAHA SRADHAAYAAM JUHOMI.

(Keep both hands as Namaste and chant the mantra as)

OM NAMO BRAHMANE - NAMO ASTU AGNAYE, NAMA: PRITHIVYAI, NAMA
OWSHADHEEBYAHAA, NAMO VAACHE NAMO VAACHASPATHAYE NAMO
VISHNAVE BRUHATHE KAROMI (3 TIMES)

VRUSHTIRASI VRUSCHA ME PAAPMAANAM AMRUTHAATH SATHYAM UPAAGAM
(with little water touch your both hands Muttu)
GOVINDA NAMA SANKEERTHANAM – GOVINDA GOVINDAA

Now Tharpanam Starts:

SAY - “DEVA THARPANAM KARISHYE “ (**THRU FINGER TIPS**)

With the following mantra - do the tharpanam once:

- BRAHMAADAYO YE DEVAHA - THHAAN DEVAAN THARPAYAAMI
- SARVAAN DEVAAN THARPAYAAMI
- SARVA DEVA GANAAN THARPAYAAMI
- SARVA DEVA PATHNEES THARPAYAAMI
- SARVA DEVA GANAPATHNEES THARPAYAAMI

Put the Poonal as mala and do the tharpanam twice with holding the poonal. (**Through your little finger**).

SAY – “RISHI THARPANAM KARISHYE”

- KRISHNA DWAIPAAYANA DAYAHA, YE RISHAYAHA – THHAAN RISHEEN THARPAYAAMI
- SARVAAN RISHEEN THARPAYAAMI
- SARVA RISHI GANAAN THARPAYAAMI
- SARVA RISHI PATHNEES THARPAYAAMI
- SARVA RISHI GANAPATHNEES THARPAYAAMI
- PRAJAAPATHIM KAANDARISHIM THARPAYAAMI
- SOMAM KAANDARSHIM THARPAYAAMI
- AGNIM KAANDARISHIM THARPAYAAMI
- VISWAAN DEVAAN KAANDARISHIM THARPAYAAMI

Poonal in Normal Mode (Pour water from tips of fingers):

- SAAGUM HITHEER DEVATHAA UPANISHADHA THARPAYAAMI
- YaAGNIKEER DEVATHAA UPANISHADHA THARPAYAAMI
- VAARUNEER DEVATHAA UPANISHADA THARPAYAAMI

Poonal in Normal Mode (Pour water from little finger):

- HAVYAVAAHAM THARPAYAAMI
- VISWAAN DEVAAN KAANDARISHIM THARPAYAAMI

Poonal in Normal Mode (Pour water by the bottom of the palm towards self):

- BRAHMAANAM SWAYAMBUVAM THARPAYAAMI
- VISWAAN DEVAAN KAANDARISHIM THARPAYAAMI
- ARUNAAAN KAANDARISHIM THARPAYAAMI

Poonal in Mormal Mode (Pour water from tips of fingers):

- SADASASPATHIM THARPAYAAMI
- RIGVEDHAM THARPAYAAMI
- YAJURVEDHAM THARPAYAAMI
- SAAMAVEDHAM THARPAYAAMI
- ATHARVANA-VEDHAM THARPAYAAMI
- ITHIHASA PURAANAM THARPAYAAMI
- KALPAM THARPAYAAMI
- VRUKSHAM THARPAYAAMI

(Those parents are alive) - can put the poonal properly and do the Achamanayeem.

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

Pour water between thumb and index finger

- SOMA PITHRUMAAN YAMO ANGIRASWAAN AGNIHI HAVYAVAAHANA
ITHYAADHAYAHA YE PITHARAHA THHAAN PITHRUN THARPAYAAMI
- SARVAAN PITHRUN THARPAYAAMI
- SARVA PITHRU GANAAN THARPAYAAMI
- SARVA PITHRU PATHNEE: THARPAYAAMI
- SARVA PITHRU GANA PATHNEE: THARPAYAAMI
- OORJJAM VAHANTHI: AMRUTHAM GRITHAM PAYAHAA KEELAALAM
PARISRUTHAM SWADHAASTHA THARPAYATHUME
- MAMA PITHRUN THRUPYATHA, THRUPYATHA, THRUPYATHA....

Put the poonal on the left side (as usual) and do the Achamaneeyam

MAHAA SANKALPAM

(Aacharya+Wear Pavithram + Put Durbha Aasanam under the legs + Wear Two Dharbha between the Pavithram)Darbeshvaaseena: Darbhaan Dhaaryamaana:

AUM SUKLAAM BARADHARAM VISHNUM SASHI VARNAM CHATHURBHUJAM
PRASANNA VADHANAM DHYAAAYETH SARVA VIGHNA UPASHAANTHAYE - OM
BHUUHU, OM BHUVAHA, OM GUM SUVAHA, OM MAHAHA, OM JANAHA, OM
THAPAHA, OOGUM SATHYAM OM THATSAVITHURVARENYAM BHARGO
DEVASYA DEEMAHI DHEEYO-YONA PRACHOTHAYAATH - OM AAPO
JYOTHEERASO AMRUTHAM BRAHMA BHURBUVASSUVAROM OM OM OM.

MAMOPAAKTHA SAMASTHA DHURITHA KSHAYADHWARA SRI PARAMESWARA
PREETHYARTHAM –

THADEVA LAGNAM SUDHINAM THADAIVAA, THAARAABALAM CHANDRABALAM
THADAIVAA, VIDHYAABALAM DAIVABALAM THADAIVAA, SRI LAKSHIPATHETHU
ANGRIYUGAM SMARAAMI –

OM APAVITHRAHAA PAVITHROVAA SARVAA VASTHAAM GATHOPIVAA -
YASMARETH PUNDAREEKAAKSHAM - SABAHYAA ABHYANTHARAHAA SHUCHIHI

MAANASAM VAACHIKAM PAAPAM - KARMANAAM SAMUPAARJITHAM - SRI RAMA
SMARANENAIVA VYAPOHATHI NA-SAMSHAYAHAA –

SRI RAMA, RAMA RAMA RAMA THITHIR VISHNUHU - THATHAA VAARAHAA
NAKSHATRAM VISHNUREVACHAA YOGASCHA KARANAM CHAIVAA SARVAM
VISHNU MAYAM JAGATH_. SRI GOVINDAA, GOVINDA GOVINDAA –

ADHYA SRI BAGAVATHAHAA MAHAAPURUSHASYA AADI VISHNOHO AADI
NAARAYANASYA ACHINTHYAYAA APARIMITHAYAA SAKTHYAA
ABRIYAMAANASYAA MAHAA JALOWGASYAA MADHYE PARIBRAMATHAAM
ANEKA KOTI BRAHMAANDDAANAAM MADHYE YEKATHAME PRITHIVI
APTJEJAHAA VAAYUHU AAKAASHA AHANGAARA MAHAD AVYAKTA AATMAKAIHI
AAVARANAIHI AAVRUTHE ASMIN_ MAHATHI BRAHMAANDA KARANDA MANDALE
AADHAARA SHAKTHI KOORMA VARAHA NANDATHI ASHTA DIGGAJOPARI
PRATHISHTITHAANAAM

ATALA-VITALA-SUTHALA- RASAATTHALA THALAATHALA - MAHAATHALA-
PAATHAALA AKHYAANAAM SAPTHA LOKAANAAM OORDHWA BHAAGE
BHUVARLOKE SUVARLOKA MAHOLOKA JANOLOKA TAPOLOKA SATYA LOKA
AAKHYA LOKA SHATKASYA ADHOBHAAGE

MAHAA NAALAAYAMAANA PHANIRAAJA SESHASYA SAHASRA PHANAAMANI
MANDALA MANDITHE, DIGDHANTHI SHUNDAA DHANDA UTTAMBITHE LOKAA
LOKAA CHALENA VALAYITHE, LAVANA IKSHU SURA SARA SARPI DADHI
KSHEERA SUDHODAKA AARNAVAIHI PARIVRUTHE JAMBU PLAKSHA PUSA
KROWNCHA SAKA SAALMALEE PUSHKARAAKHYA SAPTA DWEIPAANAAM
MADHYE JAMBOO DWEPE BHAARATA KIMPURUSHA HAREELAAVRUTA
BHADRAASHWA KETUMAALA HIRANYAKA RAMANAKA KURU VARSHA AAKHYA

NAVA VARSHAANAAM MADHYE BHAARATA VARSHE INDRA DEEPAKASERU
TAAMBRA GABHASTI PUNNAAGA GANDHARVA SOWMYA VARUNA BHARATA
KHANDAANAAM MADHYE BHARATA KHANDE PANCHAASATH KOTI YOJANA
VISTEERNA BHUMANDALE KARMABHUMOU DANDAKAARANYE SAMA BHUMOU
ARDHA REKHAYAA: DAKSHINA DIG BHAAGE SRI SAILASYA AAGNEYA DIG
BHAAGE RAAMASETO: UTTARA DIGBHAAGE GANGA YAMUNA SARASWATI
BEEMARATI GOWTAMI NARMADAA GANTAKI KRISHNAVENI TUNGABADRA
CHANDRABHAAGA MALAAPA: KAAVERI KAPILA TAAMPRAVARNI VEGAVATI
PINAAKINEE KSHEERA NADI AADI ANEKA MAHAANADEE VIRAAJITE
VAARANAASI CHITAMBARA SRI SAILA AHOBILA VENKATAACHALA RAAMASETU
JAMBUKESWARA KUMBHAKONA HAALAASYA GOKARNA ANANTASAYANA
GAYAA PRAYAAGAADI ANEKA PUNYA KSHETRA PARIVRUTE KAAVERI TEERE
SAKALA JAGATU SRUSHTU: PARAARDHA DWYA JEEVINA: BRAHMANA:
PRATHAME PARAARDHE PANCHAASATH ABDAATMIKE ATEETE DWETEYE
PARAARDHE PANCHASSATH ABDAADOU PRATAME VARSHE PRATAME MAASE
PRATAME PAKSHE PRATAME DIWASE AHANI DWEETEYE YAAME TRUTEYE
MUHOORTE PAARTIVA KOORMA PRALAYA ANANTA SWETAVARAHA BRAAHMA
SAAVITRI AAKHYE SAPTA KALPAANAAM MADHYE SWETA VARAHA KALPE
SWAAYAMBHUYA SWAAROCHISHA UTTAMA TAAMASA RAIVATA CHAAKSHU
SHAAKHYESHU SHASTSU MANUSHU ATEETESHU SAPTAME VAIVASWATA
MANVANTARE ASHTAAVIGUMSATI TAMEY KALI YUGE PRATAME PADE
YUDHISHTIRA VIKRAMA SAALIVAHAANA VIJAYA ABHINANDANA NAGAARJUNA
KALI BHUMA AAKHYA SAKA PURUSA MADHYE PARI GANITA SAALIVAHAANA
SAKEY BHOWDHAAVATAARE BRAAMHA DAIVA PITRVYA PRAAJAAPATYA
BAARUSHAPATYA SOWRA CHAANDRA SRAVISHTA NAKSHATRA AAKHYA
NAVAMAANA MADHYA PARIGANITENAA SOWRA CHAANDRA MAANA DWAYENA
PRAVARTAMAANE PRABHAVAADENAAM SHASHTIYAHA SAMVATSARAANAM
MADHYE **KARA NAAMA** SAMVATSARE, **DAKSHINAYANE**, **GREESHMA** RITHOW, **KATAKA**
MAASE, **SHUKLA** PAKSHE, POURNIMAASYAAM SUBHATHITHOW – VAASARAHA **STHIRA**
VASARA YUKTHAAYAAM, **SRAVANA NAKSHATRA** YUKTHAYAAM - SUBAYOGA,
SUBAKARANA SHUBA MUHURTE EVAM GUNA VISESHANA VISISHTAAYAAM,
ASYAAM POURNIMAASYAAM SUBHATHITHOW MAMO PAAKTHA SAMASTHA
DURITA KSHYA DHWAARA SREE PAREMESHWARA PREETHYARTHAM

ANAADHI AVIDYA VAASANAYA PRAVARTHAMAANE ASMIN MAHATHI SAMSAARA
CHAKRE VICHITRAABIHI KARMA GATHIBIHI VICHITRAASU YONISHU PUNA
PUNAHA ANEKADHA JANITHWA KENAAPI PUNYAKARMA VISESHANA
IDHAANEEMDHANA MAANUSHYE MAMAA DWIJA JANMA VISESHAM
PRAAPTHAVATHAHA MAMAA IHA JANMA PRABHRUTI IHA JANMANI POORVA
JANMANI JANMA JANMAANTARESHU YETAT KSHANA PARYANTAM BAALYE
VAYASI KOWMARE YOWVANE VAARDHAKECHA JAAGRATH SWAPNA SUSHUPTI
AVASTHAASU MANO VAAK KAAYAI: KARMENDRIA GYANENDRIA
VYAAPAARASCHA KAAMA KRODHA LOBHA MOHAMADHA MATHSARYAADHI
SAMBHAAVITAANAAM IHA JANMANI JANMANTHARE CHA JNANA AJNANA
KRUTAANAAM RAHASYA KRUTAANAAM PRAKAASHA KRUTAANAAM BRAHMMA
HANANA SURAAPAANA SWARNASTEYA GURUTALPAGAMANA THATSAT
SAMSARGA AKHYAANAM MAHAAPAATAKAANAAM MAHAA PAATAKA
ANUMRUTATVAADENAAM ATI PAATAKAANAAM SOMAYAAGASTA KSHATRIA
VAISYA VADHADEENAAM SAMA PAATAKAANAAM GOVADHADEENAAM UP
PAATAKAANAAM MAARJARA VADHADEENAAM SANKALEE KARANAANAAM
KRIMI KEETA VADHADEENAAM MALINEEKARANAANAAM NINDITHA DHANAA
DHAANA UP JEEVA NAADEENAAM APAATHRI KARANAANAAM MADHYA

GHRAANA NAADEENAAM JAATI TAATI BHRAMSA KARAANAM VIHITAKARMA
THYAAGAADEENAAM ABIHITAKARMA AACHARANAANAAM
PRAKEERNAKAANAAM GNANATAHA SAKRUT KRUTAANAAM AGNAANATAHA
ASAKRUT KRUTAANAAM ATYANTA ABHYASTAANAAM NIRANTARA
ABHYASTAANAAM CHIRAKAALA ABHYASTAANAAM

PANKIBEDANA SWAAGABEDANA PARAANNABHOJANA SHOODRAPRESHYAA
HEENAJAADI TASYAA EVAM NAVAANAAM NAVAVIDHAANAAM BHOONAAM
BAHUVIDHANAAM SARVESHAAM PAAPAANAAM HAVYAHA APANODANA
DVAARAA SAMASTA PRAPAKSHYAARTHAM MANGALAAMBIKAA SAMEDHA
AADIKUMBHESHWARA VISAALAKSHI AMBIKA SAMETA KASI VISVESHWARA
SWAMI SANNIDHOU SEETHA LAKSHMANA BHARATA SHATRUGHANA HANUMAS
METHA SRI RAMA CHANDRA SWAMI SANNIDHOU VINAAYAKAADI SAMASTA
SWAMI SANNI DHOW ASHWATHATHA NARAAYANA SWAMI SANNIDHOU DEVA
BRAAHMANA SANNIDHOU SAMASTHA HARI HARA DEVATAA SANNIDHOU TRYAA
TRIMSATH KOTI DEVATHAA SANNIDHOU SRI RUKMANI SATHYABHAMA
SAMETHA SRI GOPALA KRISHNA SWAMI SANNIDHOU – TAIYASHYAM
SRAAVANYAAM POURNAMAASYAAM ADHYAAYA UPAAKARMA KARISHYE

THADANGAM SRAVANE POURNAAMAASI PUNYAKAAL SAREERA
SHUDHARTAM SHUDDHODHAKA SNANAM AHAM ARISHYE.

(Remove the two darbha and put it on the north side - You can take the bath now or
even do the Prokshanam)

PUROKSHNA MANTRAM:

ATHIKROORA MAHAAKAAYA KALPAANTHA DAHANOPAMAA

BHAIRAVAAYA NAMASTHUBYAM ANUGYAAM DHAATHU MARHASI

DURBHOJANA DURAALAAPA DUSHPRATIGRAHA SAMBHAVAM PAAPAMHARA
MAMAKSHIPRAM SAHYAKANYE NAMOSTUTE TRUHAATRAM JAANNAVITEERE
PANCHARAATHRANTU YAAMUNE SADYAHA PUNAATU KAAVERI PAAPAM
AAMARNAANDHIKAM GANGA GANGETI YO BHRUYAAT YOJANAANAAM
SATAIRAPI MUCHYATE SARVA PAAPEBHYAHA VISHNU LOKAM SAGACHATI

AAPOHISHTA MAYO BHUVAHA STHAANA OORJE DADHATANA MAHERANAYA
CHAKSHUSHE YOUVAHA SHIVATA MORASHA TASYA BHAJAYATE HANAHA
USHA TEERIVA MAATARAHA Tasmaaha ARANGA MAMAVAHA YAS
YAKSHYAYAA JINVATA AAP: JANAYATA JANAHA BHOORBHAVASUVAHA OM
BHOORBHAVASUVAHA

GOVINDHANAMA SAMKEERTHANAM - GOVINDA! GOVINDA

SPECIALMANTRA FOR BRAHMACHARI's (MOWJEEEDHARANA MANTRAM)

IYAM DURUKTHATH PARI BHADHAMANA SARMA VAROOTTHAM PUNATHI NA
AAGATH - PRAANAPANABYAM BALAMA BARAMTHI PRIYA DEVANAGUM SUBAGA
MEGALEYAM. RITHASWA GOPTRI THAPASAHA PARASPEE GNATHI

RAKSHA SAHAMANA ARATHIHI. SA NASAMANTHA MANUPAREEHI BADRAYA
BARTHARASTHE MEGALE MA RISHAMA.

KRISHNAJINA DHARANA MANTRAM (MAANTHOL)

MITRASYA CHAKSHUR DHARUNAM BALEEYA STHEJO YASASWI STHAVIRAGUM
SAMIDHAM ANAHANASYAM VASANAJJA RISHNU PAREEDHAM VAJYAJINAM
DADHEHAM.

DHANDA DHARANA MANTRAM (PLACHHI DHANDU)

SUSRAVAHA SUSRAVASAM MA KURU YATHA TWAGUM SUSRAVAHA

SUSRAVA ASYEVA MAHAGUM SUSRAVAHA SUSRAVA BHOOYASAM YATHA
TWAGUM SUSRAVO DEVANAAM NIDHI GOPO ASYEVAMAHAM
BRAAHMANANAAM BRAHMANO NIDHI GOPO BHOOYASAM.

THREAD CHANGING (POONAL MAARAL)

As before

KAANDARISHI THARPANAM

AACHAMYA

OM SUKLAAM BHARADHARAM VISHNUM SASH IVARNAM CHATHURBHUJAM
PRASANNA VADHANAM DHYAAAYETH, SARVA VIGNOPASAANTHAYE -

PRANAAYAAMAM - OM BHUHU, OM BHUVAHA, OGUM SUVAHA, OM MAHAHA, OM
JANAHA, OM THAPAHA, OGUM SATHYAM, OM THATSAVITHUR VARENYAM,
BARGODEVASWA DEEMAHI DHEEYO-YONA PRACHOTHAYATH - OMAPO
JYOTHIRASAO AMRUTHAM BRAHMA BHURBUVASUVAROM.(TOUCH THE RIGHT
HAND EAR).

SANKALPAM:

MAMOPAAKTA SAMASTA DHURITAKSHYA DHWAARAA SREE PAREMESHWARA
PREETHYARTHAM

ADHYA PURVOKTHA EVAM GUNA VISESHANA VISISHTAAYAAM ASYAAM
POURNAVAASYAAM SUBHATHITHOW - MAMOPAAKTHA SAMSTHA
DHURITHAKSHAYADWAARAA SREE PARAMESWARA PREETHYARTHAM –

SRAAVANYAAM POURNAMAASIAAM PUNYAKAALE ADHYAAYA UPAAKARMA
KARMAANGAM PRAAJAAPATHYAADHI KAANDARSHI THARPANAM ADHYA
KARISHYE

TADANGAM SNAANAMAHAM KARISHYE

TADANGAM YAGNOPAVITHA DHAARANAM KARISHYE

TADANGAM KAANDARISHI THARPANAM KARISHYE

TAKE SNANAM AND DO IN WET CLOTHES: (In the water put some Ellu (Thila) and
Arisi (Akshatha - Rice) and do the following Tharpanam each thrice. **Put the Poonal as
Maala**):

WATER SHOULD FLOW VIA YOUR LITTLE FINGERS OF BOTH HANDS JOINED
TOGETHER

- PRAAJAAPATHIM KAANDARSHIM THARPAYAAMI x 3
- SOMAM KAANDARSHIM THARPAYAAMI x 3
- AGNIM KAANDARSHIM THARPAYAAMI x 3

- VISWAAN DEVAAN KAANDARSHIM THARPAYAAMI x 3
- SAAGUMHITHEER DEVATHA UPANISHADAHA THARPAYAAMI x 3
- YAGNIKEER DEVATHAA: UPANISHADAHA THARPAYAMI x 3
- VARUNEER DEVATHAA: UPANISHADAHA THARPAYAAMI x 3

LIFT HAND UPWARD SO THAT WATER FLOWS DOWNWARDS FROM ANKLES:

- BRAHMAANAM SWAYAM BHUVAM THARPAYAAMI x 3 (**MUZHAM KAIGAL**)
- SADASASPATHIM THARPAYAAMI x 3

(Put the Poonal as usual and do the Achamanam)

FOR THEM (WHOSE PARENTS (S) ARE NOT ALIVE –

(PUT POONAL ON THE RIGHT SIDE (PRACHEENAVEETHI) AND DO THE FOLLOWING THERPANAM X 3 TIMES)

SOMA: PITHRUMAAN YAMO: ANGIRASWAAN AGNIHI HAVYAVAAHANA: ITHYAA
DAYA: YE PITHARA: THHAAN PITHRUN THARPAYAAMI (3 MURAI)

KALPAM THARPAYAAMI

- 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 PITHREN THRIPYATHA, THRUPYATHA, THRUPYATHA

(PUT THE POONAL AS USUAL AND DO THE AACHAMANAM)

VEDHARAMBAM

OM SUKLAAM BHARADHARAM VISHNUM SASHI VARNAM CHATHURBHUJAM
PRASANNA VADHANAM DYAAAYETH, SARVA VIGNOPASAANTHAYE –

PRAANAAYAAMAM - OM BHUUHU, OM BHUVAHA, OGUM SUVAHA, OM MAHAHA,
OM JANAHA, OM THAPAHA, OGUM SATHYAM, OM THATSAVITHUR
VARENYAM, BARGODEVASWA DEEMAHI DHEEYO-YONA
PRACHOTHAYAATH - OMAPO JYOTHIRASAO AMRUTHAM BRAHMAA
BHURBUVASUVAROM. (TOUCH THE RIGHT HAND EAR).

SANKALPAM: MAMOPAAKTHA SAMASTHA DHURITHAKSHAYADHWAARA SREE
PARAMESWARA PREETHYARTHAM VEDAARAMBAM KARISHYE.

OM BHUUHU TATSAVITHURVARENYAM, OM BHUVAHA BHARGODEVASYA
DEEMAHI, OGUM SUVAHA DHEEYO YONAHA PRACHODAYAATH - OM BHUUHU
TATSAVITHURVARENYAM, BARGODEVASYA DEEMAHI, OM BHUVAHA DHEEYO
YONA PRACHODAYAATH - OGUM SUVAHA TATSAVITHURVARENYAM,
BARGODEVASYA DEEMAHI, DHEEYO YONA PRACHODAYAATH -

SRAAVANYAAM POURNAMAASYAAM ADHYAAYA UPAAKARMANI VEDA
ADHYAYANA AARAMBHAM KARISHYE

OM SHRI GURUBHYO NAMAHA HARI: OM HARI: OM

OM AGNIMELE PUROHEETHAM YAGNASYA DEVAM MRITHWIJAM,
HOTHAAHAAARAM RATHNA DHAATHAMAM

HARIHI OM HARIHI OM

ISHE TVAOR JJETWAA VAYAVASTHAA UPAAYAVASTHAA DEVOVAHAA SAVITHAA
PRAARPAYATHU SRESHTATHAMAAYA KARMANE

AAPPHYAAYADHVAM AGNIYAAHA DEVABHAAGAM OORJASWATEEHI
PAYASVATEEHI PRAJAAVATEEHI ANAMEEVAHA AYAKSH MAAVAHA STENAHA
EESHATA MAA AGASHAGUMSAHA RUDRASYA HETIHI PARIVAHA VRINAKTU
GHRUVAHA ASMINNU GOPATHOU SYAATAA BAHVEEHI YAJAMAANASYAA
PATOON PAAHI

OM HARIHI OM - BRAHMA SANDHATHTHAM THANME JINWATHAM -
KSHATRAGUM SANDHATHTHAM THANME JINWATHAM – ISHAGUM
SANDHATHAM THAAMME JINWATHAM OORJAGUM SANDHATHAM THAAMME
JINWATHAM - RAYIGUM SANDHATHTHAM THAAMME JINWATHAM - PUSHTIGUM
SANDHATHTHAM THAAMME JINWATHAM – PRAJAAGAM SANDHATHTHAM
THAAMME JINWATHAM – VASOON SANDHATHTHAM THAAMME JINWATHAM -

OM HARIHI OM - BADRAM KARNEBI: SRINUYAAMA DEVAHA - BADRAM
PASYEMAKSHA BIRYAJATRAHA - STHIRAI RANGAI: STHUSHTU VAAGUM
SASTANUUBHI: VYASHEMA DEVAHITHAM YADAAYUHU. SWASTHI NA INDRO

VRIDHA SRAVAHA - SWASTHINA POOSHA VISHWA VEDHAHA - SWASTI NA
STHARSKSHYO ARISHTANEMIHI - SWASTINO BRIHASPATIR DHATHATHU.

OM SHANTI SHANTI SHANTI:

HARIHI OM – SAMGYAANAM: VIGYAANAM: PRAGYAANAM: JAANATU
ABHIJAANATU SAMKALPAMAANAM PRAKALPAMAANAM UPAKALPAMAANAM
UPAKLUPTAM KLUPTAM SHREYO VASEEYAHA AAYATU SAMBHOOTAM
BHOOTAM CHITRAHA KETUHU PRABHAAN AABHAAN SAMBHAAN_
JYOTISHMAAN_ TEJASVAAN_ AATAPPANNU_ TAPANNU_ ABHITAPANNU_
ROUCHANO ROUCHAMAANAHA SHOBHANAHA SHOBHA MAANAHA
KALYAANAHA HARIHI OM

VARSHAADRUSHTAA VARSHATAA VISHVAROOPA DARSHANAA
AAPYAAYAMAANAA AOPYAYA ONRUTERAA AAPOORYAMAANA POORYAMAANA
APOOLAYANTI POURNA POURNAMAASI HARIHI OM

PRASUGMANTAHA DHIYASAANASYA SAKSHANI VAREBIHI VARAAN ABHI
SHUPRASEEDATA ASMAAKAMU INDRAHA UBHAYAM JUJOSHATEE TYAJATU
SOUMYASYAA ANDHATAHA BUBHODATI ANUKSHARAHA VRUJABAHA SANTU
SANTAHAHA EBIHI SAKHAAYAHA YANTINAHA VAREYAM SAMARYAMAA
SAMBHAKONAHA TRUNEEYAAT_ ANJAAHA SATYAGAM SUYAMA ASTU DEVAHA
HARI HI OM

ATHA KARMANI AACHARAT YANI GRIHYANTE UDAGAYANA POORAVA
PAKSHAHAHA PUNYAHESHU KARYANI YAGYOPAVEETINA PRADAKSHINAM
PURASTAT UDAGVA UPAKRAMAHA TATHAPAVAGRAHA HARIHI OM

SADAARAHA DARISHAPOURNAMAASOU VYAAHAAKHYAA SHYAAMAHA
PRAATAHA AGNIHOTRAM UTWAA ANYAM AAVAHAANEYAM PRANEYAA
AGNEEN ANVAADADHATEE NAGATA SRIYAHA ANYA AGNIUM PRANAYATI HARI
HI OM

ATAATAHA SAAMAYAACHAARIKAANU DHARMAANU VYAAKHYA SHYAAMAHA
DHARMAGYA SAMAYAHA PRAMAANAM VEDHAASCHA CHATWARO VARNAHA
BRAHMANA KSHTRIYA VAISHYA SHOODRAHA TESHAAM JANMATAHA POORVAH
POORVAH SHREYAAN HARIHI OM

ATA SIKSHAA PRAPAKSHYAAMI

HARI: OM HARI: OM

(MAAHESHWARA SOOTRAM) OM HARIHI OM - AI YE OON, RI LU KU, YAY
OWNGU, I OWE CHE, HAYA VARATU, LAN NNAMANGE, NANAMU, JAPANGU, GA
DA THA SHU, JA BHA GADA THASU, GA FA CHA TA THA, CHA TA THAVU, KAPAYU
SASHA SARU, HALLU - ITTHI MAHESWARAANI SOOTHRANI VRUDHIRAATAI
ABHAYANGUNAHA HARIHI OM

ATAATAHA: SANDHATAA SAMRUDHAI VYAAHAAKHYA SHAAMAHA HARIHI OM

ATHATO YAJUHU SAMHITAAYAAM AAKARA PLUTA POORVAHA SHESHAVAT
VYNJANOTTARA SHASAKAARA PARAHA VISARJANEYAHA YESHU PADESHU
LUPYATE TANI PADANI PRAVAKSHYAMI VYAJANAM PADAANAAM HARIHI OM

GEERNA SHREYAHA DHENAVAHA SHREEHI RUDRASTU MANYAHA BHAGOHI
YAAJYA DHANYAM NAARI DHANAVAN PUTRAHA HARIHI OM

ATHAVARNA SAMAAMNAAYAHA HARIHI OM

ATAATAHA DHARMAJIGNYASA HARIHI OM

ATAATAHA BRAMMAJIGYAASA HARIHI OM

AGNA AAYAHI VEETHAYEHE GHRUNANAHA HAVYADHAATHAYE NI HOTHAA
SATSI BARHISHI HARIHI OM

SANNO DEVI: RABISHTAYE AAPPO BAVANTHU PEETHAYEHE SAMYO: RABHI
SRAVANTHU NAHA

AABHIHI GEERBIHI YATATONAA OONAM AAPYAAYAYAA HARIVAHA
VARDHAMAANAHA YADAA GODRABHYAHA MAHIGOTRAA RUJAASI UJJISHTA
BAAJHA ATATESHYAAMAA BRAMMAPRAAVAADISHMAA SHANNO MAAHADEET

OM SHANTI SHANTI SHANTIHI HARIHI OM

OM HARIHI OM - OM PARITRANAYA SADHOONAM VINASAYACHA
DHUSHKRITHAM - DHARMA SAMSTHA PANAARTHTHAYA SAMBAVAMI YUGE
YUGE.

OM HARIHI OM - OM NAMO BRAHMANE NAMO ASTHU AGNAYE NAMA
PRITHIVYAH NAMA OWSHADHEEBHYAHA, NAMO VACHE NAMO
VACHASPATTHAYE NAMA VISHNAVE BRIHATHE KAROMI (Repeat this thrice).

SWEEKRUTA VAI VEDAHA HARIHI OM

VRUSHTIRASI VRUSCHAME PAAPAMAA MAMRUTAA SATYAMUPAAKAAAM

GOVINDA NAMA SANKEERTHANAM - GOVINDA - GOVINDA

Remove the pavithram and do the achamanam

Take some water in the hand and say:

KAYENA VAACHA MANASA INDRIYAIRVA BUDHYAATMA NAAVA PRAKRITHEHE
SWABHAVAAT KAROMI YADYAT SAKALAM PARASMAI NAARAYANAYETI
SAMARPAYAMI MAYAKRITAMIDAM GAYATRI JAPAAKHYAM KARMA SARVAM
TATSAT BRAHMARPANAM ASTU.

Take some dakshina in the hand and say themantra:

MANTRAM WHILE GIVING DAKSHANAI TO BRAHMIN

HIRANYA GARBHA GARBHASTAM HEMABEEJAM VIBHAVAASOHO ANANTHA
PUNYAPHALADAM ATAHA SHAANTIM PRAYATCHAME ADYAKRITA
SRAAVANYAAM POURNAMAASYAAM ADHYAAYA UPAKARMA AARAMBHA
MUHURTA SUMURTATAA SIDHYARTAM SARVA KAARYA AANUKULYA
SIDHYARTHAM SREE VEDA VYAASA PARIPOORNA PRASAADA SIDYARTAM
YADKINCHATU KAAMAYAMAANAHA IDAM HIRANYAM, TUBHYAMAHAM
SAMPRADADE

AASHIRWADAM MANTRAM FROM SASTRIGAL

PERFORM NAMASKARAM TO ALL ELDERS

MANTRAPUSHPAM

OM BHADRAM KARNEBI: SRUNUYAAMA DEVAA: BHADRAM
PASHEYMAAKSHA

BHIRYA JATRAA: STHIRAI RANGAI STUSHTU VAAGAM SASTA NOOBHI:

VYASHEMA DEVAHITAM YADAAYU: SWASTI NA INDRO VRADA SRAVAA:

SWASTI NA POOSHA VISWA VEDAA: SWASTI NASTAAKSHAYO ARISHTA
NEMI: SWASTI NO BRUHASPATIR DADHATU

OM SHANTI SHANTI SHANTIHI

YOPAM PUSHPAM VEDAA PUSHPAVAAN PRAJAAVAAN PASHUMAAN
BHAVATI CHANDRAMAVAA APAAM PUSHPAM PUSHPAVAAN
PRAJAAVAAN PASHUMAAN BHAVATI YA EVAM VEDA YOPAAM
AAYATAM VEDA AAYATANAVAAN BHAVATI AGNIRVAA APAAM
AAYATANAM AAYATANAVAAN BHAVATI YO AGNE RAAYATANAM
VEDA

AAYATANAVAAN BHAVATI AAPO VAA AGNE RAAYA TANAM
AAYATANAVAAN BHAVATI YA EVAM VEDA YOPAA AAYATANAM
VEDA AAYATANAVAAN BHAVATI VAAYURVAA APAAMAAYATANAM
AAYATANAVAAN BHAVATI YO VAAYO RAAYATANAM VEDA
AAYATANAVAAN BHAVATI

AAPO VAI VAAYO RAAYATANAM AAYATANAVVAN BHAVATI YA EVAM
VEDA YOPAAM AAYATANAM VEDA AAYATANAVAN BHAVATI ASOU
VAI TAPANNAPAAM AYATANAM AAYATANAVAAN BAHAVATI YO
MUSHYA TAPAT AAYATANAM VEDA AAYATANAVAAN BHAVATI
AAPO VAA AMUSHYA TAPAT_ AAYATANAM

AAYATANAVAAN BHAVATI YA EVAM VEDA YOPAAM AAYATANAM VEDA
AAYATANAVAAN BHAVATI CHANDRAMAA VAA APAAYATANAM
AAYATANAVAAN BHAVATI YASCH CHANDRA MAS AAYATANAM
VEDA AAYATANAVAAN BHAVATI AAPO VAI CHANDRAMASA
AAYATANAM AAYATANAVAAN BHAVATI

YA EVAM VEDA YOPAAM AAYATANAM VADA AAYATANAVAAN BHAVATI
NAKSHATRAANI VAA APAAM AAYATANAM AAYATANAVAAN
BHAVATI YO NAKSHTRAANAAM AAYATANAM VEDA
AAYATANAVVAN BHAVATI AAPO VAI NAKSHATRAANAAM
AAYATANAM AAYATANAVAN BHAVATI YA EVAM VEDA

YOPAA AAYATANAM VEDA AAYATANAVAAN BHAVATI PARJANYO VAA
APAAM AAYATANAM AAYATANAVANN BHAVATI YAHA PARJANYA

SYAAYA TANAM VEDA AAYATANAVAAN BHAVATI AAPO VAI
PARJANYASYA AAAYATANAM AAYATANAVAAN BHAVATI YA EVAM
VEDA YOPAAM AAYATANAM VEDA

AAYATANAVAAN BHAVATI SAMVATSARO VAA APAAM AAYATANAM
AAYATANAVAAN BHAVATI YAT SAMVATSARASYA AAYATANAM
VEDA AAYATANAVAAN BHAVATI AAPO VAI SAMVATSARASYA
AAYATANAM AAYATANAVAAN BHAVATI YA EVAM VEDA YOAPSU
NAAVAM PRATISHTHI TAAM VEDAA PRATYEVA TISHTHATI

RAAJADHI RAAJAAYA PRASAHYA SAHINE: NAMO VAYAM VAIHI
SRAVANAAYA KURMAHE SAMEKAAMANA KAMAAKAAMAYA
MAHYAM KAAMESVARO VAI: SRAVANO DADHATU KUBERAAYA VAI
SRAVANNAYAA MAHAA RAAJAAYA NAMAHA

YO VEDADOU SWARA: PROKTO VEDAANTE CHA PRATHISHTITA:

TASYAM PRAKRUTI NEELASYA YAHA PARA: SA MAHESHWARA:

NEVEDHYAM

OM BHOORBAVASUVA:

TATSA VITHUR VARE INYAM BHAGO DEVASYA DHEEMAHI DHI
YOYANA PRACHO DAYA YAATU
DEVA SAVITA PRASUVA: SATYAM TWARTENA PARISHIMCHAAMI
AMARITOPAS TARANAMASI
PRAANAAYA SWAHA APAANAAYA SWAHA
VYAANAAYA SWAHA UDHANAAYA SWAHA
SAMAANAAYA SWAYA BRAHMMANE SWAHA BRAHMMANIME
AATMA AMRUTATVAAYA

AARATI MANTRA

OHM RAJADHI RAJAAYA PRASAHYA SAAHINE: NAMO VAYAM VAYI
SRAVANAYA KURMAHE SAMEKAAMAN KAAMA KAAMAAYA
MAHYAM_

KAAMESHVARO VAI SRAVANO DADHATU KUBERAAYA VAI SRAVANAAYA
MAHA RAAJAYA NAMAHA

YO VEDADOU SWARA: PROKTO VEDAANDTE CHA PRATISHTITAHA:

TASYAAM PRAKRUTI NEELASYA YAH PARA: SA MHESHVARA:

GAYATRI JAPAM (Aug 13TH 2011) - SUNDAY

(Aacharya+Wear Pavithram(*) + Put Durbha Aasanam under the legs + Wear Two Dharbha between the Pavithram)

AUM SUKLAAM BARADHARAM VISHNUM SASHI VARNAM CHATHURBHUJAM
PRASANNA VADHANAM DYAAAYETH SARVA VIGNOPASSANTHAYE - OM BHUHU,
OM BHUVAHA, OM SUVAHA, OM MAHAHA, OM JANAHA, OM THAPAHA, OOGUM
SATHYAM OM THATSAVITHURVARENYAM BARGO DEVASYA DEEMAHI DHEEYO-
YONA PRACHOTHAYAATH - OM AAPO JYOTHEERASO AMRUTHAM BRAHMA
BHURBUVASUVAROM OM OM OM.

MAMOPAAKTHA SAMASTHA DHURITHAKASHAYADWARA SRI PARAMESWARA
PREETHYARTHAM –

THATHEVA LAGNAM SUDHINAM THATHEVA, THARABALAM CHANDRABALAM
THATHEVA, VIDHYABALAM DAIVABALAM THATHEVA, SRI LAKSHIPATHE
AGRIYUGAM SMARAAMI - APAVITHRA PAVITHROVAA SARVAA VASTHAAM
GATHOPIVAA - YASMARETH PUNDAREEKAASHAM - SABAAHYA
ABHYANTHARAHAA SUCHIHI, MAANASAM VAACHIKAM PAAPAM - KARMANAAM
SAMUPARJITHAM - SRI RAMA SMARANENAIVA VYAPOHATHI NA-SAM SHAYAHAA
- SRI RAMA, RAMA RAMA - THITHIR VISHNU - THATHAA VAARA NAKSHATRAM
VISHNUREVACHAA YOGASCHAA KARANAM CHAIVAA SARVAM VISHNU MAYAM
JAGATH SRI GOVINDA, GOVINDA GOVINDA - AADYA SRI BAGAVATHAHAA, MAHA
PURUSHASYA, VISHNO RAAGNAYA, PRAVARTHAMAANASYA,

SHUBHE DINE SHOBHANE MUHURTE ADYA BRAHMANAHA, DWITHEEYA
PARAARDHE, SWETHA VARAAHA KALPE, VAIVASWATHA MANWANTHARE,
ASHTAAVIGUM SATHITHAME, KALIYUGE, PRATHAME PAADHE, JUMBOO
DWEPE (For North America – KRAUNCHA DWEPE), BHAARATHA VARSHE (For
North America – RAMANAKA VARSHE), BHARATHA KHANDE (For North America –
UTTARA OR GOTEERTHA OR AINDRA KHANDE), MEROHO DAKSHINE
PAARSHWE DANDAAHARANYA SHAALIVAHANA SAKAABDE, ASMINNU
VARTHAMAANE, VYAVA HAARIKE, PRABHAVAADHEENAAM SHASHTYAA
SAMVATSARAANAAM MADHYE **KARA NAAMA** SAMVATSARE, **DAKSHINAAYANE**,
GREESHMA RITHOW, **KATAKA** MAASE, **KRISHNA** PAKSHE, ADHYA
PRATHAMAAYAAM SUBHATHITHOW **BHANU VAASARA** YUKTHAAYAAM,
SRAVISHTA NAKSHATRA YUKTHAAYAAM – SRI VISHNU YOGA, SRIVISHNU
KARANA, SUBAYOGA, SUBAKARANA, EVAM GUNA VISESHANA VISISHTAAYAAM,
ASYAAM PRATHAMAAYAAM SUBHATHITHOW

THAISHYAAM PRATHAMAAYAAM MITHYAA DHEETHA DOSHA
PRAYASCHITHAARTHAM, DHOSHAVATH APATHANEEYA
PRAAYASCHITHAARTHAM SAMVATSARA PRAAYASCHITHAARTHAM CHA
ASHTOTHARA SAHASRA (1008) OR SHATHA (108) SANGYAYAA GAYATHRI
MAHAAMANTRA JAPAM ADHYA KARISHYE (Repeat this sentence twice).

Remove the two dharbha and put it on the north side (which you kept between the Pavithram). Slightly wash the hand with little water from the Panchapathram. APA UPA PRASYA.

Pranavasya Rishi Brahma +++++ (remaining part will be as in the Sandhya Vandhanam)

Savithrya Rishi Viswamitha Nichruthu Gayatri Chanda Savitha Devatha

Chant 10 times Pranayama Manthram " OM BHUHU +++++ OM OM OM"

Ayathwithi Anuvaakasya Vamadeva Rishihi+++++++Paramathma Devatha (remaining part will be as in the

Sandhya Vandhanam)

1008 times chant the "GAYATHRI MANTRAM"

As soon as you finish 1008 times - remaining part will be as in the Sandhya Vandhanam

Compiled by Vish Viswanathan