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SAMAVEDA UPAKARMA – AUGUST 24, 2017 (THURSDAY) CANADA, USA

Sama Veda Upakarma Prayoga for the year 2017 (24-08-2017) In the case of Sama Veda, the upakarma prayogam is very extensive and differs very much from the Upakarma prayoga of Rig and Yajur Vedis. They always do it in **Hastha Nakshtra (PuLLayAr Chathurthi day)**. This year PuLLayAr Chathurthi is on Aug 24th, 2017. It essentially consists of ten steps in the following order:

- 1.Panchagavya sammelanam
- 2.Snana Mahasankalpam
- 3.Brahmayagnam
- 4.Punyaham
- 5.Rishipooja(Uthsarjan Karma)
- 6.Deva,rishi, Pithru Tharpanam (264+12)
- 7.Ghata Poojai
- 8.Yagnopaveethadhaaranam
- 9.Vedarambam
- 10.Kankanadharanam

The above have to be done with the instruction of a Guru but in modern times when people are scattered all over the world and also because well learned Sama Veda Purohithas are very scarce, many people are forced to do it in their home depending on some handouts. Since most of the above steps are lengthy and involve proper chanting of Sama Veda Mantras, following three steps of the above 10 are recommended. They are:

- 1.Snana maha Sankalpam,
- 2,Brahma Yagnam
- 3.Yagnopaveetha dharanam

MAHAA SANKALPAM

Do achamanam twice

(Achamya+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 DHYAYETH 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.



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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 APTHEJAHAA 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 DWEIPE 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 PANCHASATH 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 PANCHASATH ABDAATMIKE ATEETE
DWEETEEYE PARAARDHE PANCHASATH ABDAADOU PRATAME VARSHE PRATAME
MAASE PRATAME PAKSHE PRATAME DIWASE AHANI DWEETEEYE YAAME TRUTEYE



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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 PURUSHA MADHYE PARI GANITA SAALIVAHAANA SAKEY BHOWDHAAVATAARE
BRAAMHA DAIVA PITRVYA PRAAJAAPATYA BAARUSHAPATYA SOWRA CHAANDRA
SRAVISHTA NAKSHATRA AAKHYA NAVAMAANA MADHYA PARIGANITENAA SOWRA
CHAANDRA MAANA DWAYENA PRAVARTAMAANE PRABHAVAADDEENAAM SHASHTIYAHA
SAMVATSARAANAM MADHYE **HEVILAMBI** NAAMA SAMVATSARE, **DAKSHINAYANE**, **VARSHA**
RITHOW, **SIMHA** MAASE, **SHUKLA** PAKSHE, **CHATURTHYAAM** SUBHATHITHOW – VAASARAHA
GURU VASARA YUKTHAAYAAM, **HASTHA** NAKSHATRA YUKTHAYAAM - SUBAYOGA,
SUBAKARANA SHUBA MUHURTE EVAM GUNA VISESHANA VISISHTAAYAAM, ASYAAM
DVITHIYAAN/THRUTEYAAM SUBHATHITHOW MAMO PAAKTHA SAMASTHA DURITA
KSHYA DHWAARA SARVA PAPA HARANA NIPUNA 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 VAARDHAKESHA
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 ANUMRUTATVAADDEENAAM ATI
PAATAKAANAAM SOMAYAAGASTA KSHATRIA VAISYA VADHADEENAAM SAMA
PAATAKAANAAM GOVADHAADDEENAAM UPA PAATAKAANAAM MAARJARA
VADHAADDEENAAM SANKALEE KARANAANAAM KRIMI KEETA VADHAADDEENAAM
MALINEEKARANAANAAM NINDITHA DHANAA DHAANA UPA 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 BAHOONAAM
BAHUVIDHANAAM SARVESHAM PAAPAANAAM HAVYAHA APANODANA DVAARAA
SAMASTA PRAPAKSHYARTHAM MANGALAAMBIKAA SAMEDHA AADIKUMBHESHWARA
VISAALAAKSHI AMBIKA SAMETA KASI VISVESHWARA SWAMI SANNIDHOU SEETHA



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LAKSHMANA BHARATA SHATRUGHANA HANUMAS METHA SRI RAMA CHANDRA SWAMI
SANNIDHOU VINAAYAKAADI SAMASTA SWAMI SANNIDHOU ASHWATHATHA
NARAYANA 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 CHATHURTHYAAM 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
Prakshanam)

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 MORASAHA TASYA BHAJAYATE HANAHA USHA
TEERIVA MAATARAHA TASMAAHA ARANGA MAMAVAHA YAS YAKSHYAYAA JINVATA
AAP: JANAYATA JANAHA BHOORBHAVASUVAHA OM BHOORBHAVASUVAHA
GOVINDHANAMA SAMKEERTHANAM - GOVINDA! GOVINDA



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BRAHMAYAGYAM

AUM SUKLAAM BARADHARAM VISHNUM SASHI VARNAM CHATHURBHUJAM PRASANNA
VADHANAM DHYAAYETH SARVA VIGNA UPASHANTHAYE –
OM BHUHU, OM BHUVAHA, OM GUM SUVAHA, OM MAHAHA, OM JANAHA, OM THAPAHA,
OGUM 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 –

Om Bhoo, Om Bhuva, Om Suva, Om Sathyam, Om Purusha

Om Bhoo, bhoo., hoi bhoo, Hoi bhoo Haa aavu vaa a, suvarjyothi aa

Om Bhuvaa, Bhuva, Hoi Bhuva, Hoi Bhuva, Haa aavu vaa a, suvarjyothi aa

Om Suvaa, Suva, Hoi Bhuva, Hoi Bhuva, Haa aavu vaa a, suvarjyothi aa

Om Sathyam, Sathyam, Hoi Bhuva, Hoi Bhuva, Haa aavu vaa a, suvarjyothi aa

Om Purushaa, Purusha, Hoi Bhuva, Hoi Bhuva, Haa aavu vaa a, suvarjyothi aa

Om Thatsa vithurvarenyam, bhargo devasya dheemahi, dhiyo yoo na Pracho aa, him,
dhayo Aaa aa,

HARI: OM AGNIMEE EELE PUROHITHAM YAJNASYA DEVAM RITHWIJAM, HOTHAA
AARAM RATHNA DHAATHAMAM HARI: OM
HARI: OM ISHE TVOR JETWAA VAAAYAVASTHA UPAAAYAVASTHA DEVOVAHAA SAVITHAA
PRAARPAYATHU SRESHTATHAMAAYAA KARMANE
HARI: OM AGNA AAYAAHI VEETHAYEE GRUNAANAHAA HAVYADHAATHAYE NI HOTHAA
SATSI BARHISHI HARI: OM



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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)



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adhyaayana uthsarjana karmani devarishi pithru preethiyartham devarishi pithru tharpanam
cha adhya karishye. devaan yathaa poorvam tharpayishyAmah:

APA UPASPRISHYA:-

Now keep ready the Erukkan leaves, needed quantity of water akshathai and then proceed
with tharppanam with the following mantra:

Put some chandaNam on left elbow with water and some akshathai, hold jalapathram on
left hand, hold the erukkan leaves and poonal with both hands, and pour water from left
hand thru the fingers holding the leaves

upaviti (Regular wearing of poonal)

change position of poonal to the left shoulder

001. agni thrupyathu
002. brahma thrupyathu
003. soma thrupyathu
004. shiva: thrupyathu
005. prajapati thrupyathu
006. savit a t thrupyathu
007. indraa thrupyathu
008. bruhaspathi thrupyathu
009. thvashtaa thrupyathu
010. vishNu thrupyathu
011. yama: thrupyathu
012. vaayu: thrupyathu
013. aaditya thrupyathu
014. chandramaa thrupyathu
015. naksshatraaNi thrupthayanthu
016. sahaddevatabhi vasava: thrupthayanthu
017. rudra thrupthayanthu
018. aaditya thrupthayanthu
019. bhrugava thrupthayanthu
020. aangirasa: thrupthayanthu
021. saadhyaa thrupthayanthu
022. marutha thrupthayanthu
023. vishvEdevaa thrupthayanthu
024. sarvedevaa thrupthayanthu
025. vaak cha thrupyathu
026. manascha thrupyathu
027. aapEksha thrupthayanthu
028. aushadhyaksha thruptayanthu
029. indraagni trupyathaam
030. dhaataa thrupyathu



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031. aryamaa thrupyathu
 032. sardhamaasarthava thrupthyanthu
 033. diti thrupyathu
 034. aditi thrupyathu
 035. indraaNi thrupyathu
 036. umaa thrupyathu
 037. shree cha thrupyathu
 038. sarve cha devapatnyaa trupthyanthu
 039. rudra thrupyathu
 040. skandavisaakau thrupthyathaam
 041. vishwakarmaa thrupyathu
 042. darsashya thrupyathu
 043. paurNamaascha thrupyathu
 044. chaturvedyaam thrupyathu
 045. chaturhautram thrupyathu
 046. vaihaarikaa thrupyanthu
 047. paakayanjaa trupthyanthu
 048. sthaavara yagnjaangame trupyatham
 049. parvat seeshaa trupthyanthu
 050. bhavya thrupyathu
 051. nadhya thrupyanthu
 052. samudra thrupyathu
 053. apaampati thrupyathu.
 054. yajamaane ye deva ekaadasaaka: trayaksha trineecha sadhaa trayacha tirneecha
sahatsraa trupthyanthu
 055. dvipavitrayaa devaam truptyantham
 056. eka pavithrya devaam manushya prabhutaya trupthyanthu
 057. sangarshana vaasudevo thrupthyathaam
 058. dhanvantari thrupyathu
 059. saadhukaara thrupyathu
 060. udara vaishravaNa poornaabhadra maNibhadra thrupyanthu
 061. yathudhaana: thrupyanthu
 062. yakshaa thrupyanthu
 063. rakshaasmsmi trupthyanthu
 064. ithara gaNaa thrupyanthu
 065. traiguNyam thrupyathu
 066. naama arkhyaata upasarga nipaathaa trupthyanthu
 067. devarshaya thrupyanthu.
 068. Mahaavyaagrudaya: thrupyanthu
 069. saavitrhi thrupyathu



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070. ruchah thrupyanthu
071. yajumshi trupthyanthu
072. saamaani trupthyanthu
073. kaandaNi trupthyanthu
074. eshaam daivathaani trupthyanthu
075. praayachittaani trupthyanthu
076. sukhriyopanishada: thrupyanthu
077. shoki thrupyathu
078. sukha thrupyathu
079. shaakalya thrupyathu
080. paanchaala thrupyathu
081. rusaabhi thrupyathu

Rushi tharppaNam – change poonal as Mala - garland (to hang from neck as garland)

082. vyaasa thrupyathu
083. paraasaryah thrupyathu
084. tandi thrupyathu
085. kuki thrupyathu
086. kauseeki thrupyathu
087. badabaa thrupyathu
088. pratitheyi thrupyathu
089. maitraayani thrupyathu
090. daakshayani thrupyathu
091. sarvaachaarya thrupyanthu
092. kulaachaarya thrupyanthu.
093. gurukulavaasina thrupyanthu
094. kanyaa thrupyathu
095. brahmachaari thrupyathu
096. aatmaarathi thrupyathu
097. yaagnjavalkya thrupyathu
098. raanaayani thrupyathu
099. satyamugri thrupyathu
100. durvaasa thrupyathu
101. bhaaguri thrupyathu
102. gaurundi thrupyathu
103. gaulgulavi thrupyathu
104. bhagavaan aupamanyavah thrupyathu
105. daaraala thrupyathu
106. gargisavarNi thrupyathu
107. varshagaNa yakshaa thrupyathu



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108. kuthumiksha thrupyathu.
109. shalihotraksha thrupyathu
110. jaiminiksha thrupyathu
111. atih thrupyathu
112. bhalla bavi thrupyathu
113. kaalabavi thrupyathu
114. tandyaah thrupyanthu
115. vruksha thrupyathu
116. vrukshaanagaksha thrupyathu
117. rurukisha thrupyathu
118. agastya thrupyathu
119. batkashira thrupyathu
120. kuhusha thrupyathu.

Deva TharppaNam - Upaveetham - wear Poonal as usual

121. agni thrupyathu
122. brahmaa thrupyathu
123. devaa thrupyanthu
124. vedaa thrupyanthu
125. omkaaraa thrupyathu
126. saavitri thrupyathu
127. yanjaa: thrupyathu
128. dyaavaparthivi thrupyathaam
129. ahoraatraaNi trupthyanthu
130. samkhyaa thrupyanthu
131. samudraa thrupyanthu
132. kshetrasadhi vanaspataya trupthyanthu
133. gandharvaa thrupyanthu
134. apsarasah thrupyanthu
135. nagaah thrupyanthu
136. yakshaa thrupyanthu
137. rakshaamsi thrupyanthu bhutamshaiva anumanyanthaam
138. jaimini thrupyathu
139. viswaamitra thrupyathu
140. vasishta thrupyathu
141. paraasara thrupyathu
142. jaananthu thrupyathu
143. baahava thrupyathu
144. gautama thrupyathu
145. sahkalya: thrupyathu
146. baabhravya thrupyathu



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147. maandavya thrupyathu

148. badabaa thrupyathu

149. Pratitheyi thrupyathu

Rishi TharppaNam - wear poonal as Mala (as garland):

150. namo brahmaNe thrupthirasthu

151. namo brahmaNebhya thrupthirasthu

152. nama achaaryebhya thrupthirasthu

153. nama rshibhya thrupthirasthu

154. namo devebhya thrupthirasthu

155. namo vedebhya thrupthirasthu

156. namo vaayavesha thrupthirasthu

157. mruthyaveksha thrupthirasthu

158. VishNaveksha thrupthirasthu

159. namo vaishravaNaayacha thrupthirasthu

160. sarvadatta gargyata upajaayatha tasmainama: thrupthirasthu

161. sarvadatta gargyata rudrabhute drahyayaNe upajaayatha tasmainama: thrupthirasthu

162. rudrabhuti drahyayaNi traatat aishumataat upajaayatha tasmainama: thrupthirasthu

163. tratat aishumata nigataat parNavalke upajaayatha tasmainama: thrupthirasthu

164. nigataat parNavalki girisarmaNa khaNde viddhe upajaayatha tasmainama:
thrupthirasthu

165. girisarma khaNdeviddhi brahmavruddhe chandogamaahake upajaayatha tasmainama:
thrupthirasthu

166. brahmaiddhi chandogamaaaki mitra varchasa sthairakayaanaat upajaayatha
tasmainama: thrupthirasthu

167. mitravarcha sthairakayaana suprat istaat aulundyaath upajaayatha tasmainama:
thrupthirasthu

168. supratita aulundya bruhaspati guptaat shayasthe upajaayatha tasmainama:
thrupthirasthu.

169. bruhaspatigupta shaayasthitah bhavatrataath shreyasthe upajaayatha tasmainama:
thrupthirasthu

170. bhavatrata shaayasthi kustukaat sharkaraakshaat upajaayatha tasmainama:
thrupthirasthu

171. kustuka sharkaraakshat shraravaNa dattaat kauhalat upajaayatha tasmainama:
thrupthirasthu

172. shravaNadattat kauhala sushradaat shalankaayanaath upajaayatha tasmainama:
thrupthirasthu

173. sushrada shalankaayana oorjayata aupamanyavaat upajaayatha tasmainama:
thrupthirasthu

174. oorjayana aupamanyava bhanumataH aupamanyavaat upajaayatha tasmainama:
thrupthirasthu



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175. bhaanumaan aupamanyava anandaaja chandhanaayanaat upajaayatha tasmainama:
thrupthirasthu
176. annandaaja chandhanaayana .sambaat sharkaraakshaat khammbojaachcha
aupamanyavaat upajaayatha tasmainama: thrupthirasthu
177. shamba sharkaraarshaa khmbojaachcha aupamanyava madragaaraat shaumgaayane
upajaayatha tasmainama: thrupthirasthu.
178. madragaara shaumgaayani satharaushtaakshe upajaayatha tasmainama:
thrupthirasthu
179. satharaushraakshi sushravasa: varshagaNyaath upajaayatha tasmainama:
thrupthirasthu
180. sushtravasa: praaranhaath khauhalaath upajaayatha tasmainama: thrupthirasthu
181. prataraahnaa kauhala ketorvaajyath upajaayatha tasmainama: thrupthirasthu
182. keturvaajya mitravindaat kauhalat upajaayatha tasmainama: thrupthirasthu
183. mitraavinda kauhala sunithaat kaapadavaat upajaayatha tasmainama: thrupthirasthu
184. sunithah kaapadavad sutemanasa shandilyaayanaat upajaayatha tasmainama:
thrupthirasthu
185. sutemana shaandilyaayana amsoh dhanañjayaat upajaayatha tasmainama:
thrupthirasthu
186. amsoh dhanañjyyu amaavaasyaat shandilyaayanaat radhachcha gautamaat
upajaayatha tasmainama: thrupthirasthu
187. raadhah gautamah gaatu gautamaat pituh upajaayatha tasmainama: thrupthirasthu.
188. gaataa gautamah samvargajita laamakaayanaat pitu upajaayatha tasmainama:
thrupthirasthu
189. samvargajit laamakaayana shaakadaasaat bhaaditaayanaat upajaayatha tasmainama:
thrupthirasthu
190. shakadaasa bhaaditaayana vishakshanaat tandyaat pitu upajaayatha tasmainama:
thrupthirasthu
191. visakshanah: taandya: gardabhimukhaat shandilyaanaath upajaayatha tasmainama:
thrupthirasthu
192. gardaabhimukhaah shandilyaayana udarashandilyaath upajaayatha tasmainama:
thrupthirasthu
193. udarashandilyaa atidhanvanaksha saunakat masakaachcha gaargyaat upajaayatha
tasmainama: thrupthirasthu
194. masaka gaargya sthirakaat gargyaat pitu upajaayatha tasmainama: thrupthirasthu
195. sthiraka gargyaa vasishtaata chaikitaaneyaata upajaayatha tasmainama: thrupthirasthu
196. vasishtaha saikitaaneya vasishtaata auraihaNyaata raajanyaath upajaayatha
tasmainama: thrupthirasthu.
197. vasishtaa ayraihaNyaata rajanya sumantraata babhravaata gautamaat upajaayatha
tasmainama: thrupthirasthu



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198. sumantra baabhava gautamaat vaanheyaat bhaaradvaajaat upajaayatha tasmainama:
thrupthirasthu
199. susah vaanheya bhaaradvaaja araalaata darteyat saunakaat upajaayatha
tasmainama: thrupthirasthu
200. araalaa darteya saunakaad dihte aindrotaat saunakaat pitu upajaayatha tasmainama:
thrupthirasthu
201. dhite aindrotaa saunakaa indrotat saunakaat pitureva upajaayatha tasmainama:
thrupthirasthu
202. indrotaa saunakaa vrushasushnaat vathaavathath upajaayatha tasmainama:
thrupthirasthu
203. vrushasushnaath vathavathath nikothakaath bhayajatyaa upajaayatha tasmainama:
thrupthirasthu
204. nikothaka bhayajatyaa pratithe devatarathaath upajaayatha tasmainama: thrupthirasthu
205. pratithi devatarathah devatarasa savasaayanaat pitu upajaayatha tasmainama:
thrupthirasthu
206. devatara. savasayaanat savasa pitureva upajaayatha tasmainama: thrupthirasthu
207. savah agnibhuva kaashyapaat upajaayatha tasmainama: thrupthirasthu
208. agnibhu kashyapa indrabhuva kaashyapaat upajaayatha tasmainama: thrupthirasthu
209. indrabhu kaashyapa mitrabhuva kaashyapaat upajaayatha tasmainama: thrupthirasthu
210. mitrabhu kashyapaa vibhandakaath kaashyapaat pitu upajaayatha tasmainama:
thrupthirasthu
211. vibhaandaka kaashyapa rushyashringaath kaashyapaat pitureva upajaayatha
tasmainama: thrupthirasthu
212. rushyashringa kashyapa kaashyapaat pitureva upajaayatha tasmainama:
thrupthirasthu
213. kaashyapa agne upajaayatha tasmainama: thrupthirasthu.
devatarpaNam - upaveethi (wear poonal as regular)
214. agni indraath upajaayatha tasmainama: thrupthirasthu
215. indra vaayo upajaayatha tasmainama: thrupthirasthu
216. vayu mrutyu upajaayatha tasmainama: thrupthirasthu
217. mrutyu prajaapathe upajaayatha tasmainama: thrupthirasthu
218. prajapati brahmaaNam upajaayatha tasmainama: thrupthirasthu
219. brahmaaNam svayambhu tasmainama: tebhyo nama thrupthirasthu
220. aachaarya namaskruthva atha vamsaasya keerthayeth svadha purveshaam bhavathi
netayurdighamashnuthe ||
221. ithyukthva anukrameth vamsam aabrahmaana: ||
Rishi TharppaNam - Neevithi - wear poonal as mala (garland)
222. nayan aryamabhuvathe kaalabavaath upajaayatha tasmainama: thrupthirasthu
223. aryamabhuti kaalabava bhadraasharmaNah kausikaat upajaayatha tasmainama:
thrupthirasthu



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224. bhadraasarma kausika pushyayashasa audavraje upajaayatha tasmainama:
thrupthirasthu
225. pushyayashasa audavraji samkaraat gautamaat upajaayatha tasmainama:
thrupthirasthu
226. samkara gautamaa aryamaa raadhaachcha gobhilaat upajaayatha tasmainama:
thrupthirasthu
227. pusaamitra gobhila ashwamitrat gobhilaat upajaayatha tasmainama: thrupthirasthu
228. ashwamitra gobhila varuNaamitraat gobhilaat upajaayatha tasmainama:
thrupthirasthu.
229. varuamitra gobhila mulamitraat gobhilaat upajaayatha tasmainama: thrupthirasthu
230. mulamitraa gobhila vatsamitraat gobhilaat upajaayatha tasmainama: thrupthirasthu
231. vatsamitra gobhila gaulgulavi putraat gobhilaat upajaayatha tasmainama:
thrupthirasthu
232. gaulgulavi putra gobhila bruhadvaso gobhilaat pitu upajaayatha tasmainama:
thrupthirasthu
233. bruhadvasu gobhila gobhila deva upajaayatha tasmainama: thrupthirasthu
234. gobhila raadhaachcha gautamaat upajaayatha tasmainama: thrupthirasthu
235. raadha gautamah samvargajit pitu upajaayatha tasmainama: thrupthirasthu
236. gata gautama samvargajita laamakaayanaat upajaayatha tasmainama: thrupthirasthu
237. samvargajit laamakaayana sakadaasaat bhaadhithaayanaath upajaayatha
tasmainama: thrupthirasthu
238. sakadaasah bhaaithaayana vichakshaNaath taandyaat upajaayatha tasmainama:
thrupthirasthu.
239. vichakshaNa taandyaah gardabhimukhaath saandilyaayanat upajaayatha tasmainama:
thrupthirasthu
240. gardabhimukha saandilyaayana udarasaandilyaath upajaayatha tasmainama:
thrupthirasthu
241. udarasaandilya atidhanvanaksha saunakaat mashakachha gargyaat upajaayatha
tasmainama: thrupthirasthu
242. mashaka gaargya sthirakaat gaargyaat pitu upajaayatha tasmainama: thrupthirasthu
243. sthiraka gaargyaa vasishtaath chaikitaaneyaat upajaayatha tasmainama:
thrupthirasthu
244. vasishtah chaikitaaneya vasishta haraihayaat raajanyaat upajaayatha tasmainama:
thrupthirasthu
245. vasishta haaraihaNya raajanya sumantraat babhravaat gautamaat upajaayatha
tasmainama: thrupthirasthu
246. sumantra babhrava gautama susaath vahnheyaat bharadvajaat upajaayatha
tasmainama: thrupthirasthu
247. susah vanheya bharadvaja araalaata darteyaath saunakaat upajaayatha tasmainama:
thrupthirasthu.
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248. Araala: daarteya: shaunakaa driteh aindrotaat shaunakaat pitu upajaayatha
tasmainama: thrupthirasthu
249. driteh aindrotaa shaunaka indrotaa shaunakaat pitureva upajaayathatasmainama:
thrupthirasthu
250. aindrotat shaunaka vrushushnaath vaadaavadaath upajaayatha tasmainama:
thrupthirasthu
251. vrushashushna: vaathaavadat nikothakaat bhaayajaatyaa upajaayatha tasmainama:
thrupthirasthu
252. nikothakaa bhaayajaatyaa pratiithe devatarathaath upajaayatha tasmainama:
thrupthirasthu
253. pratithi devataratha devatarasaa shavasaayanaat pitu upajaayatha tasmainama:
thrupthirasthu
254. devataraa. shavasaayanaa shavasa pitureva upajaayatha tasmainama: thrupthirasthu
255. shavaah agnibhuva kashyapaat upajaayatha tasmainama: thrupthirasthu
256. agnibhu kashyapa indrabhuva kashyapaat upajaayatha tasmainama: thrupthirasthu
257. Indrabuh kashyapa mitrabhuva kashyapaat upajaayatha tasmainama: thrupthirasthu
258. mitrabhuh kaashyapa vibhandakaat kashyapa pituh upajaayatha tasmainama:
thrupthirasthu
259. vibhandakat kashyapa rushyashrungat pitureva upajaayatha tasmainama:
thrupthirasthu
260. rushyashrungat kashyapa kashyapaath pithureva upajaayatha tasmainama:
thrupthirasthu
261. kashyapa agne upajaayatha tasmainama: thrupthirasthu

Deva TharppaNam - upaveethi - wear poonal as usual

262. agni indraat upajaayatha tasmainama: thrupthirasthu

263. indra vaayo upajaayatha tasmainama: thrupthirasthu

264. vayu mrutyu upajaayatha tasmainama: thrupthirasthu

265. mrutyu prajaapathe upajaayatha tasmainama: thrupthirasthu

266. prajapati brahmaa upajaayatha tasmainama: thrupthirasthu

267. brahma svayambhu tasmainama: tebhyo nama thrupthirasthu

**pithru tarpaNam – Praachinaaveethi – Change poonal to hang from
right shoulder. (Only those who does the pithru tharpanam to continue
with following)**

but it is Recommend that to do all with akshadai and ellu .

pithruNam thrupthirasthu x3

pithamahan thrupthirasthu x3

prapithamahan thrupthirasthu x3

maathruNaam thrupthirasthu x3

mathamahan thrupthirasthu x3

pramaathaamahan thrupthirasthu x 3



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aacharyaNam thrupthirasthu x 3
prqacharyaaNam athrupthirasthu x 3
samhithakara padakara sutrakara brahmakaaraNam thrupthirasthu x3
brahmaana anapatyaanam thrupthirasthu x3
brahmaaninaam ekapatninam thrupthirasthu x3
sarveshaam brahmmachariNam thrupthirasthu x3

Change the poonal to upaveetham (as usual). Remove all the old pavithrams.



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THREAD CHANGING (POONAL MAARAL)

Sit facing towards East. Aachanaman, Two Dharba pavithram, additional two leave Dharbam for Aasanam and two dharbais to be folded and kept in the Finger Ring. Praanaayaamam.

ACHAMANAM

ACHUDAAYA NAMAHA ANANTHAAYA NAMAHA GOVINDAAYA NAMAHA x 2
KESHAVAA NARAAYANAA MADHAVAA GOVINDAA VISHNO MADHUSUDHANAA TRIVIKRAMAA
VAAMANAA SREEDHARAA RISHIKESHAA PADMANAABHAA DAAMODARAA x 2

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).

For Vadakalai & Thenkalai - common:

Sukhlaambaratharam Vishnum sasivarnam chathurbhujam|
Prasannavadanam dhyayeth sarvavignobashanthaye||
Yasyathvradha vakthraathyaa: Paarishadhyaa paraschatham|
Vignam niknanthi sathatham Vishvaksenam thamachraye||

Hari Om Thath, Sri Govinda, Govinda Govinda, Adyasri bhagavatha: mahaapurushasya
vishnor aagnaya pravarthamaanasya adhya Brahmmana: dhwitheeya paraardhe Sri
schvetha varaha kaklpe vaivasvatha manvanthare kaliyuge prathame paadhe
jambudhweepe (krouncha dewwpe – north America) bhaaratha varshe(ramanaka varshe –
north America) bharatha khande (aindra khande – north America) sakaapthe, mero:
dakshine paarshve: (pascheme paarshve – north amrrica) asmin varthamaane
vyaavahaarike, prabhaavaathi sashti samvathsaraaNaam madhye, Manmatha Naama
samvathsare, Dakshinaayane, varsha rithou simha maasE sukhla pakshE dwitheeyaayaam
upari thrutheeyAyAm subhathithou, bauma vaasara yukthaayaam hastha nakshathra
yukthaayaam, subha yOga, subha karaNa, evanguNa visEshana vasishtaayaam asyaam
dwtitheeyaayaam upari thrutheeyAyAm subha thithou:
Srimann Naarayana Preethiyarththam (for Vadakalai)
Bhagavath Kainkarya Roopam (for Thenkalai) *****

MAMA SROWTHA SMAARTHA VIDHI VIHITHA NITYAKARMA ANUSHTAANA
SADHAACHARA YOGYATHAA SIDHYARTHAM
BRAHMATHEJO: ABI VRUDHYARTHAM YAJNOPAVEETHA DHAARANAM KARISHYE.



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1st Poonal:

YAJNOPAVEETHA DHAARANA MAHAAMANTRASYA PARABRAHMA RISHIHI, (TOUCH THE HEAD)

TRISHTUP CHANDHAHA (TOUCH THE NOSE)

THRAAYEE VIDHYA 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 PANCHA PAATRAM) AND SAY:

YAGYO PAVEETHAM PARAMAM PAVITHRAM PRAJAAPATHE:

YATHU SAHAJAM PURASTHA ATHU

AAYUSHYAM AGRIYAM PRATHIMUNJA SHUBRAM

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

For married persons - Second Poonal:-

gaarkhasidhiyartham dwideeya yagnjopaveetha dhaaranam karishye:

Yagnopaveetham paramam pavithram praja patheh,

Yat sahajam purasthat aayushyam

Agriyam prathi muncha shubhram yagnopaveetham balamasthu thejah HARI:

OM .

For married persons - Three Poonal:-

gaarkhasidhiyartham Thrithieeya yagnjopaveetha dhaaranam karishye:

Yagnopaveetham paramam pavithram praja patheh,

Yat sahajam purasthat aayushyam

Agriyam prathi muncha shubhram yagnopaveetham balamasthu thejah HARI:OM

Untie and throw the pavithram and do aachamanam twice.

REMOVE THE OLD POONAL - SAY –

UPAVEETHAM BHINNATHANTHUM JEERNAM KASHMALA DHOOSHITHAM
VISRUJAMI PUNA: BRAHMA VARCHO DEERGAYURASTHU ME. (PUT THE POONAL IN THE RIGHT HAND SIDE).

- OM THATSATHU BRAHMARPPANAM ASTHU



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- AACHAMANAM

Vedarambham

Though these are essential part of Upakarma
Chant Vedic manthras

Rigvedam (Om Agnimeele.....)
Yajurvedam (Om Ishe Tworje)
Samavedam(Om Agna Aayahi.....)
Atharvavedam(Om shanno.....)

Vedic manthraas are very difficult to transliterate in to English and reading them wrongly would be counter productive.(It is Strongly Recommended that the Veda Mantras must be pronounced as per Gurus Directions).

Do aachamanam.

Compiled from various sources by Vish Anant