



**SAMAVEDA UPAKARMA – SEPTEMBER 5, 2024 (THURSDAY)
CANADA & USA EST & India
HASTHA NAKSHATHARAM , THRUTHEEYA THITHI, SHUKLA PAKSHAM**

Sama Veda Upakarma Prayoga for the year 2024 (05-09-2024)

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 **September 6, 2024 (Canada / USA EST) and September 7, 2024 (India)**

It essentially consists of ten steps in the following order:

- 1.Panchagavya sammelanam
- 2.Snana Mahasankalpam
- 3.Brahmayagnam
4. Punyaham
5. Rishi Pooja (uthsarjana 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 Vedi 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

Aachamanam

ACHUTHAAYA NAMAHA – ANANTHAAYA NAMAHA – GOVINDAAYA NAMAHA. (Apa Upa Prasya)

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

OHM HRUDHAASYAAMA HAVYAI NAMA SOPA SADHYA MITHRAM DHEYAM MITHRAM DEHAM NAA ASTHU

ANURAADHAAN HAVISHAA VARDHAYANTHAHA SHATAM JEEVEMA SHARADA SAVEERAAH:

(Wear Pavithram (Darbhaan Dhaaryamaana:), Put Durbha Aasanam under the legs (Darbeshvaaseena:) + Clean hands with water (apa upas prasya), Wear Two Dharbha between the pavithram

Sri Gurubhyo nama:

SUKLAAM BARADHARAM VISHNUM SASHI VARNAM CHATHURBHUJAM PRASANNA VADHANAM DHYAYETH SARVA VIGHNO UPASHAANTHAYE

OM BHUUHU, OM BHUVAHA, OM GUM SUVAHA, OM MAHAHA, OM JANAHA, OM THAPAHA, OOGUM SATHYAM OM THATSA VITHURVARE eNYAM BHARGO DEVASYA DEEMAHI DHEEYO-YONA PRACHOTHAYA ATH - OM AAPO JYOTHEERASO AMRUTHAM BRAHMA BHURBUVASSUVAROM.

Touch right ear OM OM OM

For Smarthas:

MAMOPAATHA SAMASTHA DHURITHA KSHAYADHWARA SRI PARAMESHWARA PREETHYARTHAM

For Vaishnavas:

BHAGAVATH AAGNAYAYA BHAGAVATH KAINGARYAM SRIMAN NARAYANA PREETHYRNTHAM

THADEVA LAGNAM SUDHINAM THADAIVAA, THAARAABALAM CHANDRABALAM THADAIVAA, VIDHYAABALAM DAIVABALAM THADAIVAA, LAKSHIPATHETHU ANGRYUGAM SMARAAMI

APAVITHRAHAA PAVITHROVAA SARVAA VASTHAAN GATHOPIVAA - YASMARETH PUNDAREEKAASHAM - SABAAHYAA ABHYANTHARAHAA SHUCHIHI



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

SRI RAMA, RAMA RAMA THITHIR VISHNUHU THATHAA VAARAHAA NAKSHATRAM
VISHNUREVACHAA YOGASCHA KARANAM CHAIVAA SARVAM VISHNU MAYAM JAGATH
SRI GOVINDA, GOVINDA GOVINDAA

ADHYA SRI BAGAVATHAHAA AADI VISHNOHO AADI NAARAYANASYA ACHINTHYAYAA
APARIMITHAYAA SHAKTHYAA BHRIYAMAANASYAA MAHAA JALOUGHASYA MADHYE
PARIBRAHMA THAAM ANEKA KOTI BRAHMAANDDAANAAM EKATHAME AVYAKTHA
MAHATHU AHANKAARA PRITHIVI APTHEJAHAA VAAYUHU AAKAASHAATHYAIHEE
AAVARANAIHI AAVRUTHE ASMINN MAHATHI BRAHMAANDA KARANDA
BHOOMANADALE ADHAARA SHAKTHI AADHI KOORMA ATHYNANDHAADHI ASHTADHIK
AJOPARI PRATHISHTITHASYA UPARITHALE PAADALAATHI LOKA SHATKASYA URDHWA
BHAAGE SATHYAADHI LOKA SHATKASYA ATHO BHAAGE MAHAA NALAYAMAANA
PHANIRAAJA SESHASYA SAHAstra PHANAAMANI MANDALA MANDITHE LOKAA LOKA
ACHALENA PARIVRUTHE DHIK DHANDI SHUNDAA DHANDA UTHAMBHITHE LAVANA
IKSHU SURAA SARPI DHATHI DHUKTHA SHUDDHARNAVAIHI PARIVRUTHE JAMBOOTH
PLAKSHA SHAAKHA SHAALMALI KUSHA KRONCHA SHAAKA PUSHKARAAKHYA SAPTHA
DHWEIPA DHEEPIKE INDRAKA SHERU THAAMRAKA PASTHI NAAGA SOWMYA
GHANDHARVA CHAARANA BHAARATHATHI NAVA KHANDAATHMAKE MAHAA MERU
GIRI KARNIKAA UPETHA MAHAA SARO RUHAAYA MAANA PANCHAASHATH KOTI
YOJANA VISTHEERNA BHOO MANDALE SUMERU NISHATHA HEMA KOOKA
HIMAACHALA MAALYAVATHU PAARIYAATHRAKA GHANDAMAATHANA KAILAASHA
VINDHYAA CHALAADHI MAHAA SHAILA ADHISHTITHE LAVANA SAMUDHRA MUDHRITHE
BHAARATHA KIM PURUSHA HARI ILAVRUTHA RAMYAKA HIRANMAYA KURU
BHADRAASHWA KETHU MAALAAKYA NAVA VARSHA UPASHOBHITHE JAMBHOOTH
DWEIPE BHARATHA VARSHE (India) / RAMANAKA VARSHE (North America) BHARATHA
KHANDE (India) / AINDRA KHANDE (North America) MEROHO DAKSHINE PAARSHWE
(India) / PASCHIME PAARSHWE (North America) KARMA BHOOMAOW SWAAMYA VANDHI
KURU KSHETHRAADHI SAMA BHOOMI REKHAAYAHAA POORVA DHIK BHAAGE
VINDHYAA CHALASYA DAKSHINA DHIK BHAAGE DHANDA KAARANYE
GODHAAVARYAAHAA DAKSHINA THEERE SAKALA JAGATH SRASHTUHU
PARAARDHATH THWAYA JEEVINAHA BRAHMANAHA PRATHAME PARAARDHE
PANCHAASHATH AATHMIKE ATHITHE DHWEETHIYE PARAARDHE PANCHAASHATH
ABDHATHOU PRATHAME VARSHE PRATHAME MAASE PRATHAME PAKSHE PRATHAME
DIVASE AHNNI DHWEETHIYE YAAME THREETHIYE MUHURTHE SWAAYAM BHUVA
SWAAROUCHISHA UTTHAMA THAAMASA RAIVATHA CHAAKSHU SHAAKKYESHU
SHATSHU MANUSHU VYATHEETHESHU SAPTHAME VAIVASVATHA MANVANTHARE
ASHTAAVIMSHATHI THAME VARTHA MAANE KALIYUGE SHAAALI VAAHANA SHAKAPDHE
PRABHAVAADHEENAAM SHASHTYAHAA SAMVATHSARAANAAM MADHYE **KRODHI**
NAAMA SAMVATHSARE, **DAKSHINAAYANE, SHARAD** RITHOW, **SIMHA** MAASE,
SHUKLA PAKSHE, **THRUTHEEYAAM** SHUBHA THITHOW **GURU** VAASARA
YUKTHAAYAAM, **HASTHA** NAKSHATRA YUKTHAAYAAM, SHOBHANA YOGA, BHADRA
KARANA EVAM GUNA VISESHANA VISISHTAAYAAM, ASYAAM THRUTHEEYAM



SUBHATHITHOW MAMO PAAKTHA SAMASTHA DURITHA KSHAYA DHWAARA SREE
PAREMESHWARA PREETHYARTHAM

For Vaishnavaits only

BHAGAVATH AAGNAYAYAA BHAGAVATH KAINGARYAM SRIMAN NARAYANA
PEETHYARTHAM

For everyone

ANAADHI AVIDHYAA VAASANAYAA PRAVARTHAMAANE ASMIN MAHATHI SAMSAARA
CHAKRE VICHITRAABIHI KARMA GATHIBIHI VICHITRAASU YONISHU PUNA PUNAHA
ANEKADHAA JANITHWAA KENAAPI PUNYAKARMA VISESHENA

IDHAANEEMTHANA MAANUSHYE DWIJA JANMA VISESHAM

PRAAPTHAVATHAHA MAMA IHA JANMANI POORVA JANMANI JANMA
JANMAANTHARESHU MAMA JANMAA BHYAASAATH JANMA PRABHRUTHI YETHATHU
KSHANA PARYANTHAM BAALYE VAYASI KOWMARE YOWVANE VAARDHAKESHA
JAAGRATHU SWAPNA SUSHUPTHI AVASTHAASU MANO VAAK KAAYA KARMENDRIA
GYANENDRIA VYAAPAARAIHI SAMBHAAVITHAANAAM RAHASYA KRUTHAANAM
PRAKAASHA KRUTHAANAAM GNANATHAHA SAKRUTH KRUTHAANAAM AGYNAANATHA
ASAKRUTH KRUTHAANAAM BRAHMHA HATHYA SURAAPAANA SWARNASTHEYA GURU
THALPA GAMANA THATH SAM SARGAAKYA PANCHA MAHAA PAATHAKAANAAM
GARBHA HANANA GOVADHAADHINAAM APAATHREE KARANAANAAM ANRUTHA
BHAASHANA VEDHA NINDHAA NISHIDDHA BHAKSHANAADHEENAAM SAMA
PAATHAKAANAAM MAATHRU PITHRU GURUTHYAAGA SADAA PARAANNA BHOJANA
AADHEENAAM UPAPAATHAKAANAAM AJA ASHWA KARA MRUGA HIMSADHEENAAM
SANGALEE KARANAANAAM KRIMI KEETA PAKSHI VADHA PHALA PUSHPA
STHEYAADHEENAAM MALINI KARANAANAAM NINDHITHA DHANA AADHAANA VAANIJYA
SHOODHRA SEVADHAADHEENAAM APAATHRI KARANAANAAM BHRAAHMANA
PEETANA MADHYE GHANDHAAGRA AADHEENAAM JAATHIMBRAMSHA KARAANAAM
AVIHITHA KARMA AACHARANA VIHITHA KARMA THYAAGADHEENAAM
PRAKEERNAKAANAAM EVAM NAVANAAM NAVA VIDHAANAAM BAHUNAAM BAHU
VIDHAANAAM SARVESHAM PAAPAANAAM SADHYAHA APANODHANA DHWAARAA
SAMASTHA PAAPA KSHAYAARTTHAM

SRI VALLABHAAMBA SAMETHA MAHAA GANAPATHY SWAAMI SANNIDHOU
SRI VALLI DEVA SENAA SAMETHA SUBRAMANYA SWAAMI SANNIDHOU
SAMASTHA HARIHARA DEVATHAA SANNIDHOU
SRI RANGANAAYIKAA SAMETHA SRI RANGANAATHA SWAMI SANNIDHOU
SRI POORNAA PUSHKALAAMBAA SAMETHA SRI HARIHARA PUTHRA SWAAMI
SANNIDHOU
SRI PERUNDEVI NAAYIKA SAMETHA SRI DEVARAAJA SANNIDHOU



SRI ALAMELUMANGAA NAYIKAA SAMETHA SRI VENKATESHWARA SWAAMI
SANNIDHOU
SRI KAASHI VISHAALAAKSHI SAMETHA SRI VISHWANAATHA SWAAMI SANNIDHOU
SRI AMRUTHAVALLI NAAYIKAA SAMETHA LAKSHMI NARASIMHA SWAAMI SANNIDHOU
SRI SOUNDHARYA VALLI NAAYIKAA SAMETHA SOUNDARA RAAJA SWAAMI SANNIDHOU
SRI ARAVINDHA VALLI NAAYIKAA SAMETHA BADRI NAARAYANA SWAAMI SANNIDHOU
SRI VEDHAVALLI NAAYIKAA SAMETHA SRI VENKATAKRISHNA SWAAMI SANNIDHOU
SRI RAAMANAATHA SWAAMI SANNIDHOU
SRI KANCHI KAAMAASHI AMBHA SAMETHA SRI CHANDRAMOULEESHWARA SWAAMI
SANNIDHOU
SRI KARPAGAAMBHAA SAMETHA SRI KAPAALLESHWARA SWAAMI SANNIDHOU
SRI SIVAKAAMA SUNDHAREE SAMETHA SRI NATARAAJA SWAMI SANNIDHOU
SRI KAMALAAMBHA SAMETHA THYAGARAJA SWAMI SANNIDHOU
KAANCHI SRI EKAAMBARESHWARA SWAAMI SANNIDHOU
SRI MEENAASHI SAMETHA SUNDARESHWARA SWAAMI SANNIDHOU
SRI THAIYYAL NAAYIKI SAMETHA SRI VAIDHYANAATHA SWAAMI SANNIDHOU,
SRI MALLIKAARJUNA SWAAMI SANNIDHOU,
SRI UNNAAMULAI AMBHA SAMETHA SRI ARUNAACHALESHWARA SWAAMI SANNIDHOU,
SRI LAKSHMI NARAYANA SWAAMI SANNIDHOU,
SRI SOORYA NARAYANA SWAAMI SANNIDHOU,
ASHWATTHA NARAYANA SWAAMI SANNIDHOU,
DEVA BRAHMANA SANNIDHOU
MAMA SAMASTHA PAPA KSHYARTHA PROSHTA PADHYAM HASTHARSHE
ADHYOTSARJANA KARMANGAM THATHANGAM MAHAA NADHI MADHYANIKA
SNANAMAHAM KRISHYE MADHYANIKA SNANAMAHAM KARISHYE
(PUROKSHANAM)

(Remove the 2 katta dharbai and put it on your left side), Touch your finger in water and say
(apa upas prasya)



PUROKSHANA MANTRAM:

ATHIKROORA MAHAAKAAYA KALPAANTHA DAHANOPAMA
BHAIRAVAAYA NAMASTHUBYAM ANUGYAAM DHAATHU MARHASI

DURBHOJANA DURAALAAPA DUSHPRATIGRAHA SAMBHAVAM PAAPAMHARA
MAMAKSHIPRAM SAHYAKANYE NAMOSTHUTHE TRUHAATRAM JAANNAVITEERE
PANCHARAATHRANTU YAAMUNE SADYA PUNAATHU KAAVERI PAAPAM VYAPOHAYAA
/ AAMARNAANDHIKAM GANGAA GANGETHI YO BHRUYAATH YOJANAANAAM
SATHAIRAPI MUCHYATE SARVA PAAPEBHYAHAA VISHNU LOKAM SAGACHATHI

BHOORBA VASSUVAHA X 3

PAVITHRAM IN THE EAR

BRAHMAYAGYAM

AUM SUKLAAM BARADHARAM VISHNUM SASHI VARNAM CHATHURBHUJAM PRASANNA
VADHANAM DHYAAAYETH SARVA VIGNA UPASHAANTHAYE –
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 –

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 VAAYAVASTHA UPAAYAVASTHA DEVOVAHAA SAVITHAA
PRAARPAYATHU SRESHTATHAMAAYAA KARMANE
HARI: OM AGNA AAYAAHI VEETHAYEE GRUNAANAHAHA HAVYADHAATHAYE NI HOTHAA
SATSI BARTHISHI HARI: OM
HARI: OM SHANNO DEVI: ABISHTAYE APO 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)

**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 tharpanam 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 thrupthyanthu
016. sahaddevatabhi vasava: thrupthyanthu
017. rudra thrupthyanthu
018. aaditya thrupthyanthu
019. bhrugava thrupthyanthu
020. aangirasa: thrupthyanthu
021. saadhyaa thrupthyanthu
022. marutha thrupthyanthu
023. vishvEdevaa thrupthyanthu
024. sarvedevaa thrupthyanthu
025. vaak cha thrupyathu
026. manascha thrupyathu
027. aapEksha thrupthyanthu
028. aushadhyaksha thruptyanthu
029. indraagni trupyathaam
030. dhaataa thrupyathu
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 thrupthyanthu
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
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
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. dyaavaprthivi 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
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. brahmaviddhi 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
175. bhaanumaan aupamanyava anandaaja chandhanaayanaat upajaayatha tasmainama:
thrupthirasthu
176. annandaaja chandhanaayana .sambaat sharkaraakshaat khambojaachcha
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 dhanañjyaaat 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 chaikitaaneyaat upajaayatha tasmainama: thrupthirasthu
196. vasishtaha saikitaaneya vasishtaata auraihaNyaat raajanyaath upajaayatha
tasmainama: thrupthirasthu.
197. vasishtaa ayraihaNyaat rajanya sumantraat babhravaat gautamaat upajaayatha
tasmainama: thrupthirasthu
198. sumantra baabhrava 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 bhayajatyaat 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 mrutyo 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
224. bhadraasarma kausika pushyayashasa audavraje upajaayatha tasmainama:
thrupthirasthu
225. pushyayashasa audavraji samkaraat gautamaat upajaayatha tasmainama:
thrupthirasthu
226. samkara gautamaa aryamaa raadachcha 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 taandyah gardabhimukhaath saandilyaayanat upajaayatha tasmainama:
thrupthirasthu
240. gardabhimukha saandilyaayana udarasaandilyaat 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 chaikitaaneyaa 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 bharadvaaja araalaata darteyaath saunakaat upajaayatha tasmainama:
thrupthirasthu.
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 pratithe 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 mrutyo 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
pithamahanan thrupthirasthu x3
prapithamahanan thrupthirasthu x3
maathruNaam thrupthirasthu x3
mathamahanan thrupthirasthu x3
pramaathaamahanan thrupthirasthu x 3
aacharyaNam thrupthirasthu x 3
prqacharyaaNam athrupthirasthu x 3
samhithakAra padakAra sutrakAra brahmakaaraNam thrupthirasthu x3
brAhmaanAnAnmanapatyaanaam thrupthirasthu x3
brahmaninaam ekapatninam saphyAnAm thrupthirasthu x3
sarveshaamcha brahmmachariNam thrupthirasthu x3

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

THREAD CHANGING (POONAL MAARAL)

Sit facing towards East. Aachanamam, 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 RISHIKESHA 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 sarvavigknobashanthaye||
Yasyathvradha vakthraathyaa: Paarishadhyaa paraschatham|
Vignam nikanthi 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, vikari Naama
samvathsare, Dakshinaayane, varsha rithou simha maasE sukhla pakshE chathurthyAm
subhathithou, indu vaasara yukthaayaam hastha nakshathra yukthaayaam, subha yOga,
subha karaNa, evanguNa visEshana vasishtaayaam asyaam chathurthyAm subha thithou:
Srimann Naarayana Preethiyartham (for Vadakalai)
Bhagavath Kainkarya Roopam (for Thenkalai) *****

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

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
BHOO MI 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:
YAGYO PAVEETHAM PARAMAM PAVITHRAM PRAJAAPATHE:
YATHU SAHAJAM PURASTHA ATHU
AAYUSHYAM AGRIYAM PRATHIMUNJA SHUBRAM
YAGYOPAVEETHAM BALAMASTHU THEJAHAA – HARI: OM (WEAR SECOND POONAL).

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 (WEAR
THIRD POONAL)

Untie and throw the pavithram and do aachamanam twice.

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

VEDHARAMBHAM

VEDHARAMBAM (Put pavithram on ring finger)

SHUKLAAM BHARADHARAM VISHNUM SSASSI VARNAM CHATHURBHUJAM PRASANNA
VADHANAM DHYAYETH SARVA VIGHNA UPASHAANTHAYE OM BHUHU OM BHUVAHA
OGUM SUVAHA OM MAHAHA OM JANAHA OM THAPAHA OGUM SATHYAM OM
THATSAVITHUR VARENYAM BHARGO DEVASYA DHEEMAHI DHEEYO YONA
PRACHODHAYATH – OMAPO JYOTHIRASO AMRUTHAM BRAHMMA BHOORBU
VASSUVAROM (Touch the right ear) SANKALPAM: MAMOPAAKTHA SAMASTHA DHURITHA
KSHAYADHWAARA SREE PARAMESWARA PREETHYARTHAM VEDA VYAASA
PREETHYARTHAM SRAAVANYAAM POURNAMAASYAAM ADHYAAYA UPAAKARMAANGAM
VEDA ADHYAYANA AARAMBHAM KARISHYE OHM SHRI GURUBHYO NAMAHA HARI: OHM
HARI: OHM AGNIMELE PUROHEETHAM YAGNASYA DEVAM HRITHWIJAM, HOTHAA
HAARAM RATHNA DHAATHAMAM HARIHI OHM HARIHI OHM ISHE TVAAHA
OORJJETWAAHAA VAAYAVASTHO UPAAYAVASTHAA DEVOVAHAA SAVITHAA



PRAARPAYATHU SRESHTATHAMAAYA KARMANE HARIHI OHM HARIHI OHM BRAHMA
SANDHATHTHAM THANME JINWATHAM - KSHATRAGUM SANDHATHTHAM THANME
JINWATHAM – ISHAGUM SANDHATHAM THAAMME JINWATHAM OORJAGUM
SANDHATHAM THAAMME JINWATHAM - RAYIGUM SANDHATHTHAM THAAMME
JINWATHAM - PUSHTIGUM SANDHATHTHAM THAAMME JINWATHAM – PASHOON
SANDHATHTHAM THAAMMEJINWATHAM –STUTHO ASI JANATHAHA DEVAASTHVAHAHA
SHUKRA PAAHAA PRANAYANTHU SUVEERAHAHA HAA SANDHATHTHAM THAAMME
JINWATHAM PRAJAAHAA PRAJAYAANNU PARIHI HARIHI OHM HARIHI OHM
SAMGYAANAM: VIGYAANAM: PRAGYAANAM: JAANATU ABHIJAANATU SAMKALPAMAANAM
PRAKALPAMAANAM UPAKALPAMAANAM UPAKLUPTAM KLUPTAM SHREYAHAA VASEEYAHA
AAYATU SAMBHOOTAM BHOOTAM CHITRAHA KETUHU PRABHAAN AABHAAN SAMBHAAN_
JYOTISHMAAN_ TEJASVAAN_ AATAPPANNU_ TAPANNU_ ROUCHAN: ROUCHAMAANAHA
SHOBHANAHA SHOBHA MAANAHA KALYAANAHA HARIHI OHM HARIHI OHM BADRAM
KARNEBI: SRINUAYAAMA DEVAHAHA - BADRAM PASYEMAA AKSHA BIRYAJATRAAHA -
STHIRAI RANGAI: STHUSHTU VAAGUM SASTANUUBHI: VYASHEMA DEVAHITHAM
YADAAYUHU. SWASTHI NA INDRO VRIDHA SRVAHAHA SWASTHINA POOSHA VISHWA
VEDHAHAHA - SWASTI NA STHARSKSHYO ARISHTANEMIHI - SWASTINO BRIHASPATIR
DHATHATHU. AAPA MAAPAAM APAHA SARVAHAHA HAA ASMAATHU ASMAATHU ITHAHAHA
AMUTHAHAHA HARIHI OHM HARIHI OHM PRASUGMANTHAHAHA DHIYAASANASYA SAKSHANI
VAREBIHI VARAAN ABHI SHUPRASEEDATA ASMAAKAM INDRAHA UBHAYAM JUJOSHATEE
TYAT SOUMYASYA ANDHATAHAHA BUBHODATHI ANUKSHARAHA VRUJABAHA SANTU
SANTAHAHA EBIHI SAKHAAYAHA YANTINO VAREYAM SAMARYAMAA SAMBHAKONAHA
TRUNEEYAAT_ SANJAAT SATYAM SUYAMA ASTU DEVAHAHA HARI HI OHM HARIHI OHM
ATHAATHAHAHA DARISHAHAHA POURNAMAASOU VYAA AAKHYAA SHYAAMAHAHA PRAATAHA
AGNIHOTRAM UTWAA ANYAM AAVAHAANEYAM PRANEYAA AGNEEN ANVAADADHAATEE
NAGATA SRIYAM ANYA AGNIM PRANAYATI HARI HI OHM HARIHI OHM ATHA KARMAANI
AACHAARAATH DHYAANI GRIHYANTE

HARIHI OHM HARIHI OHM ATHAATAHA SAMAYAACHAARIKAANU DHARMAANU VYAA
AAKHYAA SHYAAMAHAHA HARIHI OHM HARIHI OHM ATHA SIKSHAAM PRAPAKSHYAAMI
PAANINEEYAM MATHAM YATHAA OHM OHM PANCHA SAMVATHSARAM

AYAM YUGAA DHYAKSHAM PRAJAA PATHIM OHM OHM MAYA RA SA TA JA THANA LAGHU
SANVITHAM

BRAMATHI VAANGMAYAM JAGATHI YASYA OHM OHM
GOUHU GUMAA JUMAA SMAA KSHAMAA KSHONI KSHITHIHI AVANIHI OHM OHM

(MAAHESHWARA SOOTRAM)



AI YE OONU, RI LU KU, YAY OWNGU, I OWE CHE, HAYA VARATU, LANNU 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 SOOTHRAANI
VRUDHIRAATHAICHU ABHAYANGUNAHA HARIHI OHM HARIHI OHM

ATHATHAHAA CHANDHASAAM NIVRUTHIM VYAAKHYAA SYAAMAHAA OHM OHM

GEERNA SHREYAHAA DHENAVAHAA SHREEHI RUDHRASTHU MANYAHAA BHAGOHI
YAAJYAA DHANEYAM NAARI DHANAVAN PUTHRAHAA OHM OHM

ATHA VARNA SAMAAM NAAYAHAA OHM OHM

ATAATHHAA DHARMAJIGNYASA OHM OHM

ATAATHHAA BRAMMA JIGYAASA OHM OHM

AGNA AAYAHI VEETHAYEHE GHRUNANAHA HAVYADHAATHAYE NI HOTHAA SATSI
BARHISHI HARIHI OHM HARIHI OHM

SANNO DEVI: ABISHTAYE AAPO BAVANTHU PEETHAYEHE SAMYO: ABHI SRAVANTHU
NAHA HARIHI OHM HARIHI OHM

OHM NAMO BRAHMANE NAMO ASTHU AGNAYE NAMA PRITHIVYAH NAMA
OWSHADHEEBHYAHA, NAMO VAACHE NAMO VAACHASPATTHAYE NAMO VISHNAVE
BRIHATHE KAROMI (Repeat this thrice). HARIHI OHM HARIHI OHM

Remove the pavithram and do the aachamanam

KankaNadhAraNam

rishyAdhe upaveethena kankaNa dakshiNethare yAvadh soothram
karishyAmi thAvath soothram dharAmyaham

Compiled from various sources by Vish Anant

Compiled by Vish Anant

SAVECA, CANADA