

## संध्योपासना Sandhyopaasanaa

१. यदि संभव हो तो आचमन और अंग स्पर्श के लिए एक लोटे में स्वच्छ जल और एक श्वेत तौलिया ले लें. जल उपलब्ध न हो तो भी संध्या अवश्य करें.
२. पद्मासन, सुखासन (पालथी) या अन्य किसी आरामदायक तरीके से बैठें. पीठ और गर्दन सीधी रखें. आँखें अधखुली रखें.
३. संध्या के दौरान ध्यान लगाएँ और प्राणायाम द्वारा श्वास पर नियंत्रण रखें.
४. मंत्र का उच्चारण करते हुए उसमें निहित भाव की ओर ध्यान दें.
५. ध्यान लगाते हुए प्राणायाम करने का तरीका
  - क) मंत्र का मानसिक उच्चारण करते हुए धीरे धीरे श्वास अंदर लें. साथ ही मंत्र में निहित भाव का स्मरण करें. अभ्यास के साथ पूरे मंत्र का उच्चारण एक श्वास में किया जा सकता है.
  - ख) श्वास को यथाशक्ति अंदर रोक कर रखें
  - ग) मंत्र का मानसिक उच्चारण करते हुए धीरे धीरे श्वास छोड़ें. साथ ही मंत्र में निहित भाव का स्मरण करें. अभ्यास के साथ पूरे मंत्र का उच्चारण एक श्वास में किया जा सकता है.
  - घ) श्वास को यथाशक्ति बाहर रोक कर रखें.
  - ङ) अगले मंत्र पर जाएँ और यही क्रम दोहराएँ.
1. If possible, take a "lota" (water cup) and a white towel for aachamana and aṅga sparsha. Perform Sandhyaa even if water is not available.
2. Sit in a comfortable position, with back and neck erect and eyes slightly closed.
3. Meditate and practice deep breathing throughout the Sandhyopaasanaa.
4. Contemplate on the meaning of the mantra while chanting it.
5. The **steps** for proper deep breathing exercise while meditating are:
  - a) Inhale slowly while mentally chanting a mantra and contemplating its meaning. With practice you should be able to mentally chant the whole mantra in a single breath.
  - b) Hold the breath as long as you comfortably can.
  - c) Slowly release the breath while mentally or softly chanting the same mantra again. Complete this phase and force all air out even if the mantra finishes before the breathing cycle is complete.
  - d) Hold the air out as long as you comfortably can.
  - e) Now go to the next mantra and follow the same cycle again.

**प्राणायाम की मात्राएँ:** एक अवधि में धीरे धीरे श्वास अंदर लें, दुगुनी अवधि श्वास को अंदर रोक कर रखें, फिर एक अवधि में धीरे धीरे श्वास छोड़ें और दुगुनी अवधि श्वास को बाहर रोकें. अभ्यास के साथ अवधि बढ़ाई जा सकती है. जितना आराम से हो उतना ही करें ताकि ध्यान में विघ्न ना पड़े.

**Duration of the breathing cycle:** The proper duration for the various stages of the breathing cycle during praanaayaam is: 1 length for breathing in, 2 lengths for holding the breath in, 1 length for breathing out and 2 lengths for holding the breath out. For example, if you take 10 seconds for breathing in, then you should hold the breath in for 20 seconds, exhale out in 10 seconds and hold the breath out for 20 seconds. *However, work towards it slowly and make sure that you are comfortable enough to be able to meditate.*

### न करे:

- १) मंत्र का उच्चारण ज़ोर ज़ोर से ना करे. मन ही मन में उच्चारण ध्यान लगाने में मदद करेगा. यदि मुँह से उच्चारण करना ही हो तो इतना धीमे से करे की आपके बगल में बैठे व्यक्ति तक आवाज़ न पहुँचें.
- २) जल्दबाज़ी न करे. मंत्रों के बीच में विराम लें.
- ३) सभा में की गयी संध्या में लाउडस्पीकर का प्रयोग यथा संभव न करें.
- ४) गहरे रंग के कपड़े उर्जा सोखते हैं उन्हें संध्या और हवन के दौरान न पहने.

### Don't:

1. **Don't chant loudly** during Sandhyaa. Mental chants are the best. If you need to chant verbally, chant so softly that person sitting next to you can't hear you.
2. **Don't rush** your chants. Never begin the next mantra while the prior mantra is still unfinished.
3. **Avoid using microphones and amplifier systems** during Sandhyaa.
4. **Don't wear dark or dull colored clothing.**

As a pelude to Sandhayaa, chant **Om** and **Gayatree Mantra** at least three times, contemplating on their meanings. The **Gaayatree Mantra** has been taught in a disciplic succession by ancient Rishis, to assist us to unlock the source of inspiration.

**ओ३म्, (यजु० अ० ४० । मं० १७) भूर्भुवः स्वः । तत्सवितुर्वरेण्यं  
भर्गो देवस्य धीमहि । धियो यो नः प्रचोदयात् ॥**

यजुः० अ० ३६ । मं० ३ ॥ ऋ० मं० ३ । सू० ६२ । मं० १० ॥

**Om bhoor bhuwah swah,**

**Tat savitur vareṇyam Bhargo devasya dheemahi,**

**Dhiyo yo naḥ pracho-dayaat.**

<p>ओंकार आद्य अक्षय, अद्वैत अज अनुपम अदभुत अजर अजन्मा, अव्यय अनघ अरूपम हो सत्य रूप स्वामी, चित चारू चेत धारी आनंद ओजमय हो, आदर्श आर्त हारी प्राणेश! प्रार्थना है, पथ पुण्यमय दिखाओ मिथ्या ममत्व मत्सर, मल मोह मद मिटाओ सेवा सुमन पिरोकार, माला महत बनाऊँ अनुराग भावना से, भगवान पर चढ़ाऊँ मुद मांगलिक मन से, मैं मोक्ष धाम जाऊँ सर्वोच्च शांति सुखकर, सात्विक समृद्धि पाऊँ विश्वात्मा विनय है, वर दीजिए विचारी धी धर्ममय धवल हो, ध्रुव धैर्य ध्यानधारी</p>	<p>Omkaar aady akṣhay, adwait aj anupam Ad-bhut ajar ajanmaa, av-yay a-nagh aroopam Ho satya roop swaamee, chit chaaroo chet dhaaree Aanand ojamay ho, aadarsh aart haaree Praaṇesh praar-tha-naa hai, path puṇya-may dikhaa-o Mithyaa ma-matwa mat-sar, mal moh mad mitaa-o Sewaa suman pirokar, maalaa mahat banaa-oon Anuraag bhaawa-naa se, bhagawaan par chaḍhaa-oon Mud maaṅgalik man se, mai mokṣh dhaam jaa-oon Sarvochch shaanti sukhakar, saat-wik samriddhi paa-oon Vishwaatmaa vinay hai, var deejiye vichaaree Dhee dharma-may dhawal ho, dhruv dhai-ry dhyana-dhaaree</p>
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*God is dear to me like my own breath. He is the dispeller of my pains, and the giver of happiness. I mediate on the supremely adorable light of the divine creator, that it may inspire my thought and understanding.*

Oh Soul of Life, the Holy King of Kings!  
Oh God of all the regions, high and low,  
Oh Lord of Joy, Whose Glory nature sings,  
Who shapes the earth and lets the mortals grow.  
We seek Thy blessed Feet to meditate  
Upon Thy Glorious Form of Holy Light  
Which drives away the gloom of sins we hate  
And makes the souls of righteous people bright.  
My heart, oh Father, meekly prays to Thee  
To win Thy Grace, to make me good and wise,  
And bless my mind with knowledge, full and free  
From dark and vicious thoughts of sins and lies.

अथ संध्योपासना विधिः  
ATHA SANDHYO'PAASANAA VIDHIH  
Here Begins the Procedure Of  
Sandhyaa Upaasanaa (Brahma yajña)

We now Commence The Song of the Soul Established In Divine Meditation. We **meditate** on the Supreme Soul and the Universe, to discover our relationship with both.

FIRST PERFORMANCE

आचमन AA-CHAM-ANA:

Sipping sacramental water as amrita, the nectar of deathlessness, and asking for a life filled with happiness. *(Chant the mantra once and sip the water thrice).*

ओं शन्नो देवीरभिष्टयऽआपो भवन्तु पीतये ।

शंयोरभि स्रवन्तु नः ॥ १ ॥

—यजुः० ३६।१२

1. Om shanno deveer abhiṣṭaya 'aapo bhavantu peetaye.  
Shanyor abhi sravantu naḥ.

देवी-स्वरूप ईश्वर पूर्ण अभीष्ट कीजिए। यह नीर हो सुधामय कल्याण दान दीजिए॥ नित ऋद्धि-सिद्धि बरसे हित हो सदा हमारा। बहती रहे हृदयमें सद्धर्म प्रेम-धारा॥	Devee swaroop eeshwar poorn abheeshṭ keeji-e yah neer ho sudhaa-may kalyaan daan deeji-e Nit riddhi siddhi barse hit ho sadaa hamaaraa bahatee rahe hriday me sad-dharm prem dhaaraa
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TRANSLATION

*May the All-Pervading Divine Mother, the Bestower of light and happiness, be helpful to us in satisfying the cravings of our body and soul, and may She shower on us Her blessings and happiness from all around.*

*May the Divine Waters be for our drink and fulfillment. May they continually flow from the fountain of peace all around us.*

*O All-pervading Mother, Sweet and Divine,  
Be pleased to bless the cravings of my soul  
To reach thy bosom. May this world of mine,  
Be filled with peace and bliss from pole to pole.*

## SECOND PERFORMANCE

### इंद्रिय स्पर्श INDRIYA SPARSHA:

Touching the limbs with sacramental water, and praying that these limbs may earn me fame (yasha) and strength (bala).

अथेन्द्रियस्पर्शः —

ओं वाक् वाक् । ओं प्राणः प्राणः । ओं चक्षुः चक्षुः । ओं श्रोत्रं  
श्रोत्रम् । ओं नाभिः । ओं हृदयम् । ओं कण्ठः । ओं शिरः । ओं बाहुभ्यां  
यशोबलम् । ओं करतलकरपृष्ठे ॥

2.

Om vaak vaak	(Touch lips)
Om praanah praanah	(Nostrils)
Om chakshuh chakshuh	(Eyes)
Om shrotram shrotram	(Ears)
Om naabhih	(Navel)
Om hridayam	(Heart)
Om kanthah	(Throat)
Om shirah	(Head)
Om baahu-bhyaam yasho-balam	(Shoulders)
Om kara-tala kara-priṣṭhe	(Palms, front and back)

तन मन वचन से होंगे, हम शुद्ध कर्म कारी दुष्कर्म से बचेंगी, सब इंद्रिया हमारी वाणी विशुद्ध होगी, प्रिय प्राण पुण्यशाली होंगी हमारी आँखे, ये दिव्य ज्योति-वाली ये कान ज्ञान भूषित, यह नाभि पुष्टि-कारी होगा हृदय, दयामय! सम्यक सुधर्म धारी भगवान! तेरी गाथा, गाएगा कंठ मेरा सिर मे सदा रमेगा, गौरव गुरुत्व तेरा होंगे ये हाथ मेरे यश ओज तेज-धारी मेरी हथेलियाँ भी होंगी पवित्र प्यारी	Tan man vachan se honge, ham shuddh karm kaaree Duṣh-karm se bacheṅgee, sab indriyaa hamaaree Vaanee vishuddh hogee, priy praan puṇya-shaalee Honjee hamaaree aankhe, ye divy jyoti-waalee Ye kaan jñaan bhooshit, yah naabhi puṣṭi-kaaree Hogaa hriday, Dayaamay! samyak sudharm dhaaree Bhagawaan! teree gaathaa, gaa-egaa kanth meraa Sir me sadaa ramegaa, gaurav gurutw teraa Honje ye haath mere yash oj tej dharee Meree hathe-liyaan bhee honjee pavitr pyaaree
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## TRANSLATION

O Supreme One! May You inspire virtue and grace in all the limbs of my body, that they may earn me fame and strength. May my speech be sweet and fulfilling. May my breathing provide my body with enough vital air. May I absorb the best influences from the outside world through my eyes and ears. May I exercise control in my sensual passions, and my heart possess harmonizing emotions. May I consume righteous and healthy food (vegetarian), and sustain pious thoughts. And may I use my hands only to worship You and perform good actions.

I make a vow before Thy sacred Throne  
To try and hold my mortal heart away  
From sin; my human organs shall be prone  
To keep the world I give Thee on this day.  
My tongue, my nose and both the sides of palm,  
My eyes, my ears, the genitals and my heart  
My hands, my throat, and head, serene and calm,  
Will sure remain from sinful deeds apart.

## THIRD PERFORMANCE

मार्जन MAARJANA:

Seeking God's blessings in purifying the whole body of any impurities (by sprinkling water) and thinking of scrubbing clean all body part and the action performed through them.

ओं भूः पुनातु शिरसि। ओं भुवः पुनातु नेत्रयोः। ओं स्वः  
पुनातु कण्ठे। ओं महः पुनातु हृदये। ओं जनः पुनातु नाभ्याम्। ओं  
तपः पुनातु पादयोः। ओं सत्यं पुनातु पुनश्शिरसि। ओं खं ब्रह्म  
पुनातु सर्वत्र ॥

3.

Om bhooḥ punaatu shirasi.

(Sprinkle the head)

Om bhuvah punaatu netrayoḥ.

(Eyes)

Om svaḥ punaatu kaṇṭhe.

(Throat)

Om mahah punaatu hridaye.

(Heart)

Om janaḥ punaatu naabhyaam.

(Navel)

Om tapaḥ punaatu paadayoḥ.

(Feet)

Om satyam punaatu punash-shirasi.

(Head)

Om kham brahma punaatu sarvatra.

(All over)

<p>जीवन स्वरूप जगपति! मस्तक पवित्र करदो  दयार्द्र हो दयामय, नयनों मे ज्योति भरदो  आनंद मय अधीश्वर, हमको सुकंठ दीजिए  भगवन हृदय सदन मे, हरदम निवास कीजिए  जग के जनक हमारी हो नाभि निर्विकारी  पद भी पवित्र होवे, हे सर्वज्ञानधारी  पुनि-पुनि पुनीत सिर हो, हे सत्यरूप स्वामी  सर्वांग शुद्ध होवे, व्यापक विभो! नमामि</p>	<p>Jeevan swaroop jaga-pati! mastak pavitr kardo  Dayaardr ho dayaamay, nayano me jyoti bhardo  Aanand may adheesh-var, hamko sukaṇṭh deejie  Bhagavan hriday sadan me, hardam nivaas keejie  Jag ke janak hamaaree ho naabhi nir-vikaaree  Pad bhee pavitr hove, he sarv jñāan dhaaree  Puni puni puneet sir ho, he saty roop swaamee  sarvaanṅ shuddh hove, vyaapak vibho namaami</p>
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### TRANSLATION

For complete purity in my entire personality, I pray that The Lord, the basis of all existence, grant me knowledge that can help purify my thinking; my vision; my speech; my hearing; my sensual impulses; my movements; my understanding; and my entire personality; so that all my thoughts and actions conform to the dharma.

But Glorious Father! I am weak and frail  
And hence depend on Thy Loving Grace,  
My sole efforts will not, O Lord, avail  
The frightful host of heinous sins to face.  
So, therefore, Lord, I meekly pray to Thee  
To make me pure in mind, and too strong  
To yield to tempting sins. O make me free  
To sit in peace and sing Thy Glory's song.  
O Living, Holy, Happy Father, Great,  
The Wise and Omnipresent King of all,  
The Sole Eternal Master of my fate,  
My mind and soul Thy gracious blessings call  
To make my head, my eyes and passions pure,  
To change my vicious heart; and guide my feet,  
To grace my brain and throat, and make it sure  
That sin will nowhere find a welcome seat.

## FOURTH PERFORMANCE

### प्राणायाम PRAANAA-YAAMA:

Controlling the breath, and contemplating the qualities of the Supreme Lord.  
Please refer to the instructions on page 1.

ओं भूः । ओं भुवः । ओं स्वः । ओं महः । ओं जनः । ओं तपः ।  
ओं सत्यम् ॥ इति प्राणायाममन्त्राः । तैत्ति० आ० प्रप० १० । अनु० २७ ॥

#### 4. Om bhooḥ.

Om bhuwaḥ.

Om swaḥ.

Om mahaḥ.

Om janaḥ.

Om tapaḥ.

Om satyam.

सर्वेश सर्व-व्यापक, संपूर्ण सर्वज्ञाता शिव सत्य रूप सुंदर, सर्वत्र ही सुहाता सक्रिया सगुण सचेतन, सर्वज्ञ सध्यदाता तेरी शरण मे आया, हूँ आर्त हो विधाता	Sarvesh sarva-vyaapak, sampoorṇ sarva-jñāataa Shiv saty roop sundar, sarvatr hee suhaataa Sakriyaa saguṇ sachetan, sarvajñ sadhya-daataa Teree sharaṇ me aayaa, hoon aart ho vidaataa
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## TRANSLATION

The Supreme Lord is:

<b>Bhooḥ -</b>	<i>Dearer than breath, and Basis of all existence</i>
<b>Bhuwaḥ -</b>	<i>Dispeller of all pains, Origin of all becoming</i>
<b>Swah -</b>	<i>Bestower of Happiness</i>
<b>Mahaḥ -</b>	<i>Worthy of Worship, and the Fount of greatness</i>
<b>Janah -</b>	<i>Origin of creativity</i>
<b>Tapah -</b>	<i>Impeller of action</i>
<b>Satyam -</b>	<i>Personification of Truth</i>

*I meditate on these qualities of God and I pray that I may be like Him as far as my capabilities would permit. May I be dear to others (on the path of righteousness) as He is to me. May I relieve people of their pains, and make them happy. May I earn respect from others (the righteous) and be creative in my dealings. In being motivated to act righteously, may I be a channel for God's Truth.*

I hold my breath in sacred awe and pray  
O God of Life, O Holy God of Bliss;  
O Father, Great and Wise, and True, this day  
My soul arrives Thy Glorious Feet to kiss.



## FIFTH PERFORMANCE

### अघमर्षण AGHAMARṢHAṆA:

Discovering the process of the creation of the universe, and identifying God as the Creator, Sustainer and Destroyer, in an effort to decrease the tendency to commit sin.

ओ३म् ऋतं च सत्यं चाभीद्वात्तपसोऽध्यजायत ।  
ततो रात्र्यजायत ततः समुद्रोऽर्णवः ॥ १ ॥

5. Om Ritañ cha satyañ cha-abheed-dhaat tapaso'dhya-jaayata  
Tato raatr-ya-jaayata tataḥ samudro 'arṇavaḥ

ऋत सत्यके सहारे संसारको सजाया	Rit saty ke sahaare, sansaar ko sajaayaa
तेरा महान कौशल है सिन्धु ने दिखाया	Teraa mahaan kaushal, hai sindhu ne dikhaayaa

### TRANSLATION

*In the beginning, the Cosmic Laws were first generated to govern the order in which the universe had to be created; and then, the universe itself became manifest, all through the conscious Creative Will-force of God. After each cycle of creation, there follows a grand dissolution of all created things, resulting in total darkness. When this prolonged period of dissolution comes to an end, a new cycle of creation begins, with atomic particles becoming agitated in one big ocean-like mass.*

*By God's command His Nature brought to light  
The principles and the atoms of this earth.  
Then came chaos and heat and motion bright,  
And then the waves of ocean got their birth.*

ओं समुद्रादर्णवादधि संवत्सरोऽजायत ।  
अहोरात्राणि विदधद्विश्वस्य मिषतो वशी ॥ २ ॥

6. Om Samudraad arṇavaad adhi Samvat-saro 'ajaa-yata.  
Aho-raa-traaṇi vida-dhad vishvasya miṣhato vashee

पहले के कल्प जैसे, रवि चन्द्र फिर बनाए	Pahale ke kalp jaise, ravi chandr phir banaae
दिन रात पक्ष संवत, मे काल क्रम चलाए	Din raat pakṣh samwat, me kaal kram chalaee

### TRANSLATION

*The agitated, heated particles, in this ocean, combine in their own way, resulting in the formation of the stars, planets and other luminous bodies, and these begin to rotate in their own orbits. This rotation causes the concept of Time to be born. The Controller of this immense cosmos, as if without effort, causes this Time to be divided into day and night.*

And after these the planets moved aright  
 Along the annual course of heaven blue.  
 The King of all creates the day and night  
 Without effort and their order due.

ओं सूर्याचन्द्रमसौ धाता यथापूर्वमकल्पयत् ।  
 दिवं च पृथिवीं चान्तरिक्षमथो स्वः ॥ ३ ॥

ऋ० अ० १०। व० ४८। मं० १-३ ॥

7. Om Sooryaa chandra-masau dhaataa Yathaa poorvam akal-payat  
 Divaṇ cha prithiveeṇ Cha-antar-ikṣham-atho swaḥ

ध्यौ अंतरिक्ष धरनी, नित नेम पर टिकाए तू रम रहा सभी मे, तुझमे सभी समाए	Dhyau antarikṣh dhara-nee, nit nem par ṭikaae Too ram rahaa sabhee me, tujhme sabhee samaae
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#### TRANSLATION

In this cycle of creation, God created the sun, moon, heaven, earth and sky, and all the natural elements like air, fire, and water, and all life forms. These He created exactly as He did in the past creations, and as He would do in future ones, too.

And, as before, the Maker made again,  
 The sun, the moon, and bodies dark and bright,  
 The sky above, the place unknown to pain –  
 The home of bliss - the Realm of Holy Light.

**आचमन AA-CHAM-ANA:**

Sipping sacramental water as amrita, the nectar of deathlessness, and asking for a life filled with happiness. (Chant the mantra once and sip the water thrice).

ओं शन्नो देवीरभिष्टयऽआपो भवन्तु पीतये ।

शंयोरभि स्रवन्तु नः ॥ १ ॥

—यजुः० ३६।१२

8. Om shanno deveer abhiṣṭaya 'aapo bhavantu peetaye.  
 shanyor abhi sravantu naḥ.

देवी-स्वरूप ईश्वर पूर्ण अभीष्ट कीजिए।  
 यह नीर हो सुधामय कल्याण दान दीजिए।।  
 नित ऋद्धि-सिद्धि बरसे हित हो सदा हमारा।  
 बहती रहे हृदयमें सद्धर्म प्रेम-धारा।।

Devee swaroop eeshwar poorn abheesṭ  
 keeji-e  
 yah neer ho sudhaa-may kalyaan daan deeji-e  
 Nit riddhi siddhi barse hit ho sadaa hamaaraa  
 bahatee rahe hriday me sad-dharm prem  
 dhaaraa

## SIXTH PERFORMANCE

### मनसा परिक्रमा MANASAA PARI-KRAMAA:

Certifying the Presence of God in all directions and expressing our gratitude for the bounties He provides for us to achieve perfection.

ओं प्राची दिग्गिरिधिपतिरसितो रक्षितादित्या इषवः । तेभ्यो  
नमोऽधिपतिभ्यो नमो रक्षितृभ्यो नम इषुभ्यो नम एभ्यो अस्तु ।  
योऽस्मान् द्वेष्टि यं वयं द्विष्मस्तं वो जम्भे दध्मः ॥ १ ॥

9. Om Praachee dig-agni adhi-patir asito rakṣhita-adityaa iṣhavaḥ.  
Tebhyo namo'dhipati-bhyo namo rakṣhi-tribhyo nama.  
Iṣhu-bhyo nama ebhyo astu.  
Yo's maan dweṣṭi, yam vayam  
Dwiṣmas-tam vo jambhe dadhmaḥ.

हे ज्ञान पुँज गणपति! बंधन विहीन न्यारे पूरब मे रम रहे हो, रक्षक पिता हमारे रवि रश्मियो से जीवन, पोषण प्रकाश पाता विज्ञानमय विधायक, ब्रह्माण्ड को चलाता हम बार बार भगवन! करते तुम्हे नमस्ते यदि द्वेष भावना हो, तो न्याय तेरे हस्ते	He jñaan puñj gaṇapati! Bandhan viheen nyaare Poorab me ram rahe ho, rakṣhak pitaa hamaare Ravi rashmiyo se jeevan, poṣhaṇ prakash paataa Vijñāana-may vidhaayak, brahmaaṇḍ ko chalaataa Ham baar baar bhagavan! Karte tumhe namaste Yadi dweṣh bhaawanaa ho, to nyaay tere haste
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## TRANSLATION

*In the eastern direction, we discover the supreme presence of Agni, the Lord of Light, under whose control the morning sun rises. He is free from limitations, and protects by sending us arrow-like rays of inspiration from His Sun of Divine Wisdom.*

*We acknowledge, O Radiant One, Your Rulership, Your Protection, and the blessed gift of rays that keep us away from the darkness of ignorance.*

*We also commend into Your Justice whatever ill-feeling anyone may have for us or we may have for anyone.*

*Thou art before us, Father Good and Wise!*

*The Mighty King who saves the world from woes*

*Who made the sun that from the East does rise*

*And on this earth its beams of luster throws –*

*The lustrous beams which shower life on earth*

*And makes us living through Thy blessed grace.*

*Oh Lord, to thank Thee for Thy gift of life*

*We bend our knees before Thy Holy Face.*

*We also thank Thee for Thy Rule benign  
Thy kind protection and Thy blessings sweet  
And those who are the dreaded foes of mine  
I lay them humbly at Thy Gracious Feet.*

दक्षिणा दिगिन्द्रोऽधिपतिस्तिरश्चिराजी रक्षिता पितर इषवः ।  
तेभ्यो नमोऽधिपतिभ्यो नमो रक्षितृभ्यो नम इषुभ्यो नम एभ्यो अस्तु ।  
योऽस्मान् द्वेष्टि यं वयं द्विष्मस्तं वो जम्भे दध्मः ॥ २ ॥

10. Om Dakṣhiṇaa dig indro'dhi-patis  
tirash-chi-raajee rakṣhitaa pitara iṣhavaḥ.  
Tebhyo namo'dhipati-bhyo namo rakṣhi-tribhyo nama.  
Iṣhu-bhyo nama ebhyo astu.  
Yo's maan dweṣṭi, yam vayam  
Dwiṣmas-tam vo jambhe dadhmaḥ.

हे इंद्र रूप ईश्वर! दक्षिण मे भी दिखाते जड़ जीव जन्तुओ से, सत्वर सदा बचाते वैदिक सुधा पिलाते, हो ज्ञानियो के द्वारा तुमसे लगन लगी है सर्वस्व हो हमारा हम बार बार भगवन! करते तुम्हे नमस्ते यदि द्वेष भावना हो, तो न्याय तेरे हस्ते	He Indr roop eeshwar! dakṣhiṇ me bhee dikhaate Jad jeev jantu-o se, satwar sadaa bachaate Vaidik sudhaa pilaate, ho jñaniyo ke dwaaraa Tumse lagan lagee hai sarvasw ho hamaaraa Ham baar baar bhagavan! Karte tumhe namaste Yadi dweṣh bhaa-wa-naa ho, to nyaay tere haste
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#### TRANSLATION

*In the southern direction, we discover the supreme presence of Indra; the Lord Who scatters and finally destroys the dark clouds of ignorance that impede the free functioning of our intellect. He possesses heavenly, infinite Glory, and protects by sending us learning through parents and teachers on earth.*

*We thank You, O Glorious One, for Your Rulership, Your Protection, and for the blessed gift of teachers who stimulate our intellect.*

*We also commend into Your Justice whatever ill-feeling anyone may have for us or we may have for anyone.*

Oh Mighty Sovereign! Thou art to our right  
The Great protector from the dreaded brood  
Of boneless reptiles. Lord of Vedic Light!  
Thy sages come to teach us what is good.  
We also thank Thee for Thy Rule benign  
Thy kind protection and Thy blessings sweet  
And those who are the dreaded foes of mine  
I lay them humbly at Thy Gracious Feet.

प्र॒ती॒ची दि॒ग्वरु॒णोऽधि॒पतिः॑ पृ॒दा॒कू रक्षि॒तान्नमि॒षवः॑ । तेभ्यो॒  
नमोऽधि॒पति॒भ्यो नमो॑ रक्षि॒तृभ्यो॒ नम इषु॑भ्यो॒ नम ए॒भ्यो अस्तु॑ ।  
योऽस्मा॒न् द्वेष्टि॒ यं व॒यं द्विष्म॑स्तं वो॒ जम्भे॑ दध्मः ॥ ३ ॥

11. Om Prateechee dig varuṇo 'dhi-patiḥ  
pri-daa-koo rakṣhita-annam iṣhavaḥ.  
Tebhyo namo'dhipati-bhyo namo rakṣhi-tribhyo nama.  
Iṣhu-bhyo nama ebhyo astu.  
Yo's maan dweṣṭi, yam vayam  
Dwiṣmas-tam vo jambhe dadhmaḥ.

<p>पश्चिम मे भी प्रकट हो, तुम ही वरुण कहाते विषधारीयो के बाधा विग्रह विफल बनाते सब प्राणीयो का पोषण, करते हो अन्न द्वारा दुख मे दया दिखाते, सुख मे तुम्ही सहारा हम बार बार भगवन! करते तुम्हे नमस्ते यदि द्वेष भावना हो, तो न्याय तेरे हस्ते</p>	<p>Pash-chim me bhee prakat ho, tum hee Varuṇ kahaate Viṣha-dhaari-yo ke baadhaa vigrah viphal banaate Sab praaṇiyo kaa poṣhan, karte ho ann dwaaraa Dukh me dayaa dikhaate, sukh me tumhee sahaaraa Ham baar baar bhagavan! Karte tumhe namaste Yadi dweṣh bhaawanaa ho, to nyaay tere haste</p>
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#### TRANSLATION

*In the western direction, we discover the supreme presence of Varuna, the Lord worthy of our final choice and acceptance. He inspires into our thinking the inner sounds of intuition that destroy our animal tendencies. He protects by providing us natural and pious food.*

*We express our gratefulness, O Choice-worthy One, for Your Rulership, Your Protection, and blessed gift of grains that provide sanctity to our mind.*

*We also commend into Your Justice whatever ill-feeling anyone may have for us or we may have for anyone.*

Thou art behind us, gracious King, adored  
As Great Protector from bony beasts  
Thou save our humble lives having stored  
The hungry earth, O Lord, with human feast.  
We also thank Thee for Thy Rule benign  
Thy kind protection and Thy blessings sweet  
And those who are the dreaded foes of mine  
I lay them humbly at Thy Gracious Feet.



उदीची दिक् सोमोऽधिपतिः स्वजो रक्षिताशनिरिषवः । तेभ्यो  
नमोऽधिपतिभ्यो नमो रक्षितृभ्यो नम इषुभ्यो नम एभ्यो अस्तु ।  
योऽस्मान् द्वेष्टि यं वयं द्विष्मस्तं वो जम्भे दध्मः ॥ ४ ॥

12. Om Udeechee dik somo 'dhi-patih  
swajo rakshitaa shanir ishavaḥ.  
Tebhyo namo'dhipati-bhyo namo rakshi-tribhyo nama.  
Ishu-bhyo nama ebhyo astu.  
Yo's maan dweṣṭi, yam vayam  
Dwiṣmas-tam vo jambhe dadhmaḥ.

हे सोम रूप स्वामी! उत्तर उपांग तेरा सर्वत्र सब दिशा मे, है आप का बसेरा विद्युत-विधान द्वारा, जगती को जगमगाया जीवो मे चेतना का, संचार कर दिखाया हम बार बार भगवन! करते तुम्हे नमस्ते यदि द्वेष भावना हो, तो न्याय तेरे हस्ते	He Som roop swaamee! Uttar upaaṅg teraa Sarvatr sab dishaa me, hai aap kaa baseraa Vidyut vidhaan dwaaraa, jagatee ko jagama- gaayaa Jeevo me chetanaa kaa, sañchaar kar dikhaayaa Ham baar baar bhagavan! Karte tumhe namaste Yadi dweṣh bhaawanaa ho, to nyaay tere haste
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#### TRANSLATION

*In the northern direction, we discover the supreme presence of Soma, the Essence of devotional peace. His light, Peace and Beauty are all self-created in Him. He protects by sending arrow-like sparks of His Natural Peace into our troubled hearts.*

*We offer our appreciation, O peaceful One, for Your Rulership, Your protection, and the blessed gift of sparks of Peace that replace tension and discontent.*

*We also commend into Your Justice whatever ill-feeling anyone may have for us or we may have for anyone.*

And Thou art to our left, O Peaceful King  
To save us from the self-borne insects' bane  
By Nature's heat. Thy praise we humbly sing,  
O Loving Savior from the pangs of pain!  
We also thank Thee for Thy Rule benign  
Thy kind protection and Thy blessings sweet  
And those who are the dreaded foes of mine  
I lay them humbly at Thy Gracious Feet.

ध्रुवा दिग्विष्णुरधिपतिः कल्माषग्रीवो रक्षिता वीरुध इषवः ।  
तेभ्यो नमोऽधिपतिभ्यो नमो रक्षितृभ्यो नम इषुभ्यो नम एभ्यो अस्तु ।  
योऽस्मान् द्वेष्टि यं वयं द्विष्मस्तं वो जम्भे दध्मः ॥ ५ ॥

13. Om Dhruvaa dig viṣṇur adhi-patiḥ  
kal-maaṣha-greevo rakṣhitaa vee-ru-dha iṣhavaḥ.  
Tebhyo namo'dhipati-bhyo namo rakṣhi-tribhyo nama.  
Iṣhu-bhyo nama ebhyo astu.  
Yo's maan dweṣṭi, yam vayam  
Dwiṣmas-tam vo jambhe dadhmaḥ.

हे विष्णु सर्व व्यापिन! नीचे निवास करते फल फूल पेड़ पल्लव, सब मे तुम्ही विचरते तुम कर रहे हो रक्षण, संतान-वत हमारा दुख सुख सभी समय मे, साथी सखा सहारा हम बार बार भगवन! करते तुम्हे नमस्ते यदि द्वेष भावना हो, तो न्याय तेरे हस्ते	He Viṣṇu sarv vyaapin! neeche niwaas karte Phal phool peḍ pallav, sab me tumhee vicharate Tum kar rahe ho rakṣhaṇ, santaan-wat hamaaraa Dukh sukh sabhee samay me, saathee sakhaa sahaaraa Ham baar baar bhagavan! Karte tumhe namaste Yadi dweṣh bhaawanaa ho, to nyaay tere haste
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#### TRANSLATION

*In the lower direction, we discover the supreme presence of Vishnu, the Lord Who pervades every particle of the earth on which we live. He creates and sustains the diversity of colors and shapes that make life interesting. He protects by providing trees and plants.*

*We graciously accept, O All-Pervading One, Your rulership, Your Protection, and the blessed gift of vegetation that neutralizes the poison gases in the atmosphere.*

*We also commend into Your Justice whatever ill-feeling anyone may have for us or we may have for anyone.*

Thou art below us, Omnipresent King  
To nourish life with plants of tuberous roots  
And verdant trees that leafy shelter brings,  
And yield to us ten thousand kinds of fruits.  
We also thank Thee for Thy Rule benign  
Thy kind protection and Thy blessings sweet  
And those who are the dreaded foes of mine  
I lay them humbly at Thy Gracious Feet.

ऊर्ध्वा दिग्बृहस्पतिरधिपतिः श्वित्रो रक्षिता वर्षमिषवः । तेभ्यो  
नमोऽधिपतिभ्यो नमो रक्षितृभ्यो नम इषुभ्यो नम एभ्यो अस्तु ।  
योऽस्मान् द्वेष्टि यं वयं द्विष्मस्तं वो जम्भे दध्मः ॥ ६ ॥

अथर्व० कां० ३। अ० ६। सू० २७। मं० १-६ ॥

14. Om Oor-dhwaa dig brihas-patir adhi-patiḥ  
shwi-tro rakṣhitaa varṣham-iṣhavaḥ.  
Tebhyo namo'dhipati-bhyo namo rakṣhi-tribhyo nama.  
Iṣhu-bhyo nama ebhyo astu.  
Yo's maan dweṣṭī, yam vayam  
Dwiṣmas-tam vo jambhe dadhmaḥ.

अंतर दृगो से दिग्पति! ऊपर भी दृष्टि आते ऋतु सिद्ध वृष्टि होती, सब सृष्टि को चलाते भौतिक विभूतियाँ है, सब आपकी निशानी कैसे कहेगी वाणी, अदभुत अकथ कहानी हम बार बार भगवन! करते तुम्हे नमस्ते यदि द्वेष भावना हो, तो न्याय तेरे हस्ते	Antar drigo se dig-pati! Oopar bhee driṣṭī aate Ritu siddh vriṣṭī hotee, sab sriṣṭī ko chalaate Bhautik vibhoo-tiyaa hai, sab aapa-kee nishaanee Kaise kahegee vaanee, adabhut a-kath kahaanee Ham baar baar bhagavan! Karte tumhe namaste Yadi dweṣh bhaawanaa ho, to nyaay tere haste
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#### TRANSLATION

*In the upper direction, we discover the supreme presence of Brihaspati, the Lord of great powers. Who has produced the sun, moon, and countless stars found in the heavens above. He is Pure and Wondrous, and of golden color like the sun. He protects by sending rainfall.*

*We offer our devotion, O Mighty One, for Your Rulership, Your protection, and the blessed gift of rain that increases fertility in the earth, quenches our thirst, washes our impurity, and cools the fire of vice that burns our divine energy.*

*We also commend into Your Justice whatever ill-feeling anyone may have for us or we may have for anyone.*

Thou art above us, Great and Holy King  
To develop and protect us on this earth.  
Thy grace the vital drop of rain doth bring  
To fill with corn the seat of mortal birth.  
We also thank Thee for Thy Rule benign  
Thy kind protection and Thy blessings sweet  
And those who are the dreaded foes of mine  
I lay them humbly at Thy Gracious Feet.



## SEVENTH PERFORMANCE

उपस्थान UPA-STHAANA:

Feeling the living presence of God after having a direct vision of Him.

ओम् उद्वयं तमसस्पारि स्वः पश्यन्तुत्तरम् ।  
देवं देवत्रा सूर्यमगन्म ज्योतिरुत्तमम् ॥ १ ॥

यजुः० अ० ३५।मं० १४

15. Om Ud-vayam tama-sas pari swaḥ pashyanta 'ut-taram,  
Devan devatraa sooryam aganma jyotir ut-tamam.

रवि रश्मि के रमैय्या! पावन प्रभा दिखा दो अज्ञान की तमिस्रा, भूलोक से मिटा दो देवो के देव अनुदिन, हो दिव्य दृष्टि प्यारी श्रुति गान को ना भूले, रसना कभी हमारी	Ravi rashmi ke ramaiyyaa! paawan prabhaa dikhaa do Ajñaan kee tamisraa, bhoo-lok se miṭaa do Devo ke dev anudin, ho divy dṛiṣṭi pyaaree Shruti gaan ko naa bhoole, rasanaa kabhee hamaaree
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*Transcending the dazzling wonders of the world, and realizing the even more wondrous potentials of my own soul, may I come face to face with the most wondrous resplendence of God. He is the Divine Sun that gives light to the sun, moon and stars.*

*May I obtain the glorious God of Light  
The wisest God of Bliss and Lord Supreme  
The Sun that keeps the souls of mortals bright  
And forms my humble prayer's sacred theme.*

उदु त्यं जातवेदसं देवं वहन्ति केतवः ।  
दृशे विश्वाय सूर्यम् ॥ २ ॥

—यजुः० अ० ३३।मं० ३१ ॥

- 16.Om Udut-yam jaata-vedasam Devam vahanti ketavaḥ  
Drishe vishwaaya sooryam.

सुंदर सुपथ दिखाया, मद मोह लोभ टारा अज्ञान तम मिटाया, वर वेद ज्ञान द्वारा जीवन मे ज्योति प्राणो मे प्रेरणा तुम्ही हो मन मे मनन, बदन मे बल-साधना तुम्ही हो	Sundar supath dikhaayaa, mad moh lobh ṭaaraa Ajñaan tam miṭaayaa, var ved jñaan dwaaraa Jeevan me jyoti praanō me preraṇaa tumhee ho Man me manan, badan me bal-saadhanaa tumhee ho
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*All words of wisdom and all objects in the world point to God's existence, so that we can see Him as we see the sun everyday. It is He Who is the origin of all Wisdom and is present in all created things.*

The various objects of this wondrous earth  
Are beacon flags to guide us on to know  
The Glorious Sun of Life Who gives us birth  
And sent His Veda, the righteous path to show.

चित्रं देवानामुदगादनीकं चक्षुर्मित्रस्य वरुणस्याग्नेः । आप्रा द्यावा-  
पृथिवीऽअन्तरिक्षःसूर्यऽआत्मा जगत्स्तस्थुषश्च स्वाहा ॥ ३ ॥  
—यजुः० अ० ७।मं० ४२॥

17. Om Chitram devaanaam ud-agaad aneekam  
Chakṣhur mitrasya varuṇasya-agneḥ,  
Aapraa dyaawaa pri-thi-vee 'antarikṣham  
Soorya 'aatmaa jagatas tas-thu-ṣhash cha swaahaa!

आश्चर्यमय अलौकिक, अदभुत अपूर्व करनी है आपमे अवस्थित, अधि अंतरिक्ष अवनी माया मृषा मिटाकर, मन्तव्य पथ दिखाओ भव बन्धनो से भगवन! इस भक्त को छुड़ाओ	Aash-charya-may alaukik, adabhut a-poorv karnee Hai aap me awas-thit, adhi antarikṣh awa-nee Maayaa mriṣhaa miṭaakar, mantavy path dikhaa-o Bhav bandhano se bhagawan! is bhakt ko chhuḍaa-o
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#### TRANSLATION

*In Samaadhi, in Divine Realization, I come face to face with God's wondrous Light which has suddenly become manifest in my harmonized self. This light is a Path-finder for any person who has given up infatuation and hate, who has chosen the path of good works, and who is knowledgeable. It is the same Light that pervades heaven, earth and sky. This Divine is the Indweller in all that moves and does not move. **Swaahaa!** Yes, indeed this is the Truth!!*

How wondrous is this Lord of Holy Light  
The sun's Support, the God of moon, the Source  
Of shining bodies, the Lord of fire bright,  
The heaven's Lord, the King of earth, the Force  
That made the sky and countless kinds of things  
That moves and do not move. O Lord of might,  
My humble heart Thy sacred prayer sings  
To let me think, speak and act right.

ओं तच्चक्षुर्देवहितं पुरस्ताच्छुक्रमुच्चरत् । पश्येम शरदः शतं  
जीवेम शरदः शतं शृणुयाम शरदः शतं प्र ब्रवाम शरदः शतमदीनाः  
स्याम शरदः शतं भूयश्च शरदः शतात् ॥ ४ ॥

यजुः० अ० ३६। मं० २४ ॥

18. Om Tach chakṣhur devahitam Purastaach chhukram uch-charat  
Pashyema sharadaḥ shatam  
Jeevema sharadaḥ shatam  
Shriṇu-yaama sharadaḥ shatam  
Pra bra-vaama sharadaḥ shatam  
Adeenaah syaama sharadaḥ shatam  
Bhooyash cha sharadaḥ shataaat.

विधना विनय यही है, मैं वीरवर कहाँ होकर शतायु स्वामिन, तुमसे लगन लगाऊँ सौ साल तक हमारी, आँखे हो ज्योति धारी हो श्रोत श्रव्य शाली, सक्षम सदा सुखारी वाणी विराट विभु की, विरदावली सुनावे परतंत्रता है पातक, स्वातन्त्र्य मन्त्र गावें सौ वर्ष से अधिक भी, जीवित रहे करारी सर्वांग की क्रियाएँ स्थिर रहे हमारी	Vidhanaa vinay yahee hai, mai veeravar kahaa-oon Hokar shataayu swaamin, tumse lagan lagaa- oon Sau saal tak hamaaree, aankhe ho jyoti- dhaaree Ho shrot shravya-shaalee, sakṣham sadaa sukhaaree Vaaṇee viraat vibhu kee, viradaa-walee sunaawe Para-tantra-taa hai paatak, swaa-tan-try mantr gaawen Sau varṣh se adhik bhee, jeevit rahe karaa-ree Sarvaanḡ kee kriyaa-en, sthir rahe hamaaree
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#### TRANSLATION

*His is the Divine Eye that shows the way to all righteous people. Everywhere we turn, we find His Eye present in front of us, shedding Light, and ever watchful of our movements.*

*May we live for a hundred years and, in our daily life perceive His living Presence in all our actions. For a hundred years may we listen to His Glory and Majesty as described in the Knowledge He revealed (in Vedas, Upanishads etc.), and even proclaim such Glory for all to hear. With God as our Guide, may we never be subjected for a hundred years, and even for more than a hundred years.*

That Ever-wakeful Eye, Eternal, Pure  
 That watches close the deeds of right and wrong  
 Whose Holy Grace the learned souls secure  
 May bless in life my prayer's sacred song.  
 And may we live and see a hundred years;  
 A hundred autumns hear His Holy Name,  
 And sing His Glory free from human fears  
 That close attends the heels of earthly fame.  
 And if we live for more than a hundred years,  
 The same delights attend us all the days  
 We live, and bring us all the sacred cheers  
 For which the heart to gracious heaven prays

#### आचमन AA-CHAM-ANA:

Sipping sacramental water as amrita, the nectar of deathlessness, and asking for a life filled with happiness. (Chant the mantra once and sip the water thrice).

ओं शन्नो देवीरभिष्टयऽआपो भवन्तु पीतये ।

शंयोरभि स्रवन्तु नः ॥ १ ॥

—यजुः० ३६।१२

19. Om shanno deveer abhiṣṭaya 'aapo bhavantu peetaye.  
 shanyor abhi sravantu naḥ.

देवी-स्वरूप ईश्वर पूर्ण अभीष्ट कीजिए। यह नीर हो सुधामय कल्याण दान दीजिए॥ नित ऋद्धि-सिद्धि बरसे हित हो सदा हमारा। बहती रहे हृदयमें सद्धर्म प्रेम-धारा॥	Devee swaroop eeshwar poorn abheesht keeji-e yah neer ho sudhaa-may kalyaan daan deeji-e Nit riddhi siddhi barse hit ho sadaa hamaaraa bahatee rahe hriday me sad-dharm prem dhaaraa
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#### EIGHTH PERFORMANCE अथ ब्रह्म गायत्री सावित्री गुरु मंत्र

#### ATHA BRAHMA GAAYATREE SAAVITREE GURU MANTRA

Chant Om and Gayatree Mantra at least three times, contemplating on their meanings. The Gaayatree Mantra has been taught in a disciplic succession by ancient Rishis, to assist us to unlock the source of inspiration.

ओ३म्, (यजु० अ० ४०। मं० १७) भूर्भुवः स्वः । तत्सवितुर्वरेण्यं  
 भर्गो देवस्य धीमहि । धियो यो नः प्रचोदयात् ॥

यजुः० अ० ३६। मं० ३ ॥ ऋ० मं० ३। सू० ६२। मं० १० ॥

20. Om bhoor bhuwah swah,  
Tat savitur vareṇyam Bhargo devasya dheemahi,  
Dhiyo yo naḥ pracho-dayaat.

<p>ओंकार आद्य अक्षय, अद्वैत अज अनुपम अदभुत अजर अजन्मा, अव्यय अनघ अरूपम हो सत्य रूप स्वामी, चित चारू चेत धारी आनंद ओजमय हो, आदर्श आर्त हारी प्राणेश! प्रार्थना है, पथ पुण्यमय दिखाओ मिथ्या ममत्व मत्सर, मल मोह मद मिटाओ सेवा सुमन पिरोकार, माला महत बनाऊँ अनुराग भावना से, भगवान पर चढ़ाऊँ मुद मांगलिक मन से, मैं मोक्ष धाम जाऊँ सर्वोच्च शांति सुखकर, सात्विक समृद्धि पाऊँ विश्वात्मा विनय है, वर दीजिए विचारी धी धर्ममय धवल हो, ध्रुव धैर्य ध्यानधारी</p>	<p>Omkaar aady akṣhay, adwait aj anupam Ad-bhut ajar ajanmaa, av-yay a-nagh aroopam Ho satya roop swaamee, chit chaaroo chet dhaaree Aanand oja-may ho, aadarsh aart haaree Praaṇesh praar-thanaa hai, path punya-may dikhaa-o Mith-yaa ma-matwa mat-sar, mal moha mad mitaa-o  Sewaa suman pirokar, maalaa mahat banaa-oon Anu-raag bhaa-wa-naa se, bhagawaan par chaḍhaa-oon Mud maaṅgalik man se, mai mokṣh dhaam jaa- oon Sarvochch shaanti sukhakar, saat-wik samriddhi paa-oon Vishwaatmaa vinay hai, var deejiye vichaaree Dhee dharma-may dhawal ho, dhruv dhairy dhyaana-dhaaree</p>
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#### TRANSLATION

*God is dear to me like my own breath. He is the dispeller of my pains, and the giver of happiness. I mediate on the supremely adorable light of the divine creator, that it may inspire my thought and understanding.*

Oh Soul of Life, the Holy King of Kings!  
Oh God of all the regions, high and low,  
Oh Lord of Joy, Whose Glory nature sings,  
Who shapes the earth and lets the mortals grow.  
We seek Thy blessed Feet to meditate  
Upon Thy Glorious Form of Holy Light  
Which drives away the gloom of sins we hate  
And makes the souls of righteous people bright.  
My heart, oh Father, meekly prays to Thee  
To win Thy Grace, to make me good and wise,  
And bless my mind with knowledge, full and free  
From dark and vicious thoughts of sins and lies.

#### NINTH PERFORMANCE

समर्पण SAMARPAṆA:

Surrender and Dedication

हे ईश्वर दयानिधे! भवत्कृपयाऽनेन जपोपासनादिकर्मणा  
धर्मार्थकाममोक्षाणां सद्यः सिद्धिर्भवेन्नः ॥



21. He eesh-vara dayaa-nidhe!  
Bhawat kripa-yaa 'nena  
Japo-paa-sanaa-di karmaṇaa  
Dharmaartha kaama mokṣhaa-ṇaam  
Sadyaḥ siddhir bhawen-naḥ

हे ईश्वर! हे दया के असीम भंडार! आप की कृपा से जप और उपासना द्वारा हमें धर्म, अर्थ, काम, और मोक्ष  
शीघ्र सिद्ध होंगे

He eeshvar! He dayaa ke aseem bhaṇḍaar! Aap kee kripaa se jap aur upaasanaa dwaaraa  
hame dharm, arth, kaam, aur mokṣh sheeghr siddh hove.

#### TRANSLATION

*O Lord! O Infinite Treasure of Mercy! By Your Grace, may we very soon realize Dharma, Artha,  
Kaama, Mokṣha through our Japa and Upaasanaa*

Dharma:	righteous living.
Artha:	righteous wealth.
Kaama:	righteous enjoyment.
Mokṣha:	emancipation from the world.
Japa:	recitation of God's Name
Upaasanaa:	communion with God.

#### TENTH PERFORMANCE

नमस्कार NAMASKAARA: Final Obeisance to God

तत ईश्वरम् नमस्कुर्यात्

**Tata Eeshwaram Namas-kuryaat**

*(Let Us All Now Pay Final Obeisance to God!)*

ओं नमः शम्भुवाय च मयोभुवाय च नमः शङ्कराय च  
मयस्कराय च नमः शिवाय च शिवतराय च ॥

यजुः० अ० १६। मं० ४१ ॥

22. Om Namaḥ sham-bhawaaya cha mayo bhawaaya cha  
namaḥ shaṅ-karaaya cha mayas-karaaya cha  
namaḥ shivaaya cha shiva taraaya cha

<p>हे मंगलेश शंकर! मंगल करो हमारा पावन प्रकाश पाए, परमार्थ पुण्य द्वारा परि ज्ञान पय पिलादो, अवदर अगाध दानी तेरी शरण मे आया, है भक्त यह भवानी अब अंत मे प्रभुजी, तुमको नमन करे हम वेदो के ज्ञान द्वारा, जीवन सफल करे हम</p>	<p>He maṅgalesh shaṅkar! maṅgal karo hamaaraa Paawan prakaash paa-e, paramaarth puṇy dwaaraa Parijñaan pay pilaado, avaḍhar a-gaadh daanee Teree sharaṇ me aayaa, hai bhakt yah Bhawaanee Ab ant me prabhu-jee, tumko naman kare ham Vedo ke jñaan dwaaraa, jeevan saphal kare ham</p>
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*Salutations unto You, Lord, the Embodiment and Bestower of Peace and Bliss! Salutations unto You, Benevolent and Auspicious One! Yes, indeed, I offer my salutation unto you, since you are more benevolent than anyone else in this immense creation.*

And now I bow to Thee, O God of calm,  
O God of Peace, and Lord of Bliss Divine!  
Thy Grace supplies to burning hearts a balm,  
Thy blessings in my right desires shine!  
Finally I bow to Thee again and again  
Thy Vedic knowledge brings success in my life.

**ओ३म् शान्तिश्शान्तिश्शान्तिः ॥**

23. **Om Shaantish** – May Peace come to us from all Cosmic Forces!  
**Shaantish** – May Peace come to us from all living creatures!!  
**Shaantiḥ** – May Peace come to us from our inner self!!!

**इति सन्ध्योपासनविधिः**

**Iti Sandhyo-‘paasa-na vidhiḥ**

Here Comes To an End The Procedure Of

**Sandhyaa Upaasanaa**

The Song Of The Soul Established In Divine Meditation  
Has Now Come To An End!!