

**TRIKALA
SANDHYAVANDANAM
(YAJUR and RIG)**

(MADHVA SAMPRADAYA)



by
T.G. RAMACHANDRA RAO

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This book is intended to help the book published on Sandhyavandanam by the author recently in English. It is intended to help a whole generation of children who had their school education in Central Schools or CBSE schools and who could not learn Devanagari and English only. It is believed that if they are made to learn the modus of such children by publishing a book on Sandhyavandanam in Devanagari and Kannada script with instructions in English. This book is an attempt in this direction. The first section, Tigrayopavida Dharmasara, has been prepared for all Veda students. The second section handles some details regarding Hindu Muhurta have also been included. It is hoped the book would be useful inculcating discipline and reverence in the minds of the children and the youth.

T.G. Ramachandra Rao
Date 10th July 1988

by
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(A Y A S A R P M A S A V H D A M)

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PREFACE

A few years back when my son went to USA for studies, at his request, I wrote out the Sandhya Vandhanam in Roman script with instruction regarding method of performance in English. As all the books published on Madhva Sampradaya Sandhya Vandhanam available were only in Tamil and Kannada script which were not known to a whole generation of children who had their school education from Central Schools or CBSE Schools and who could read the Devanagri script and English only, it had become essential to meet the needs of such children by publishing a book on Sandhya Vandhanam in Devenagari and Roman script with instructions in English. This book is an attempt in that direction. Bhojana mantras, Yagnyopavitha Dharana mantras, Gothra-pravara details, Veda shakas, Thi-thi-masadhi nighandu as also details regarding Nama-Mudras have also been included. It is hoped the book would be useful in inculcating religious discipline and an interest in the Vedic rituals, amongst our children and the youths.

Chennai - 600 018
Dated 19th July 1999

T.G. Ramachandra Rao

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YAJUR VEDA PRATHA SANDHYA

1 Achamanam

Take a little quantity of water in the hollow of the palm of your right hand. Sip three times as you utter the following three mantras.

Kesavaya Swaha

केशवाय स्वाहा ।

Narayanaaya Swaha

नारायणाय स्वाहा ।

Madhavaya Swaha

माधवाय स्वाहा ।

Now recite the following with the gestures described there against

1) Govindaya Namaha गोविन्दाय नमः

Place right palm on left palm.



2) Vishnave Namaha विष्णवे नमः

Place left palm on right palm.



3) Madhusudhanaya Namaha मधुसूदनाय नमः

Touch right cheek with right fore finger.



4) Thrivakramaya Namaha त्रिविक्रमाय नमः

Touch left cheek with right fore finger.



5) Vamanaya Namaha वामनाय नमः

Touch upper lip with right fore finger.



6) Sridharya Namaha श्रीधराय नमः

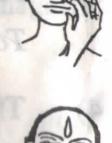
Touch lower lip with right fore finger.



7) Hrishikesaya Namaha हृषीकेशाय नमः

Touch both palms (Namaste).



- 8) Padmanabhaya Namaha पद्मनाभाय नमः
Touch left & right knees with right palm.
- 
- 9) Damodharaya Namaha दामोदराय नमः
Touch head with right palm.
- 
- 10) Sankarshanaya Namaha सङ्कर्षणाय नमः
Touch tip of nose with right fore finger.
- 
- 11) Vasudevaya Namaha वासुदेवाय नमः
Touch right nostril with right fore finger.
- 
- 12) Pradyaumnaya Namaha प्रद्युम्नाय नमः
Touch left nostril with right fore finger.
- 
- 13) Anirudhaya Namaha अनिरुद्धाय नमः
Touch right eye with right fore finger.
- 
- 14) Purushothamaya Namaha पुरुषोत्तमाय नमः
Touch left eye with right fore finger.
- 
- 15) Adhokshajaya Namaha अधोक्षजाय नमः
Touch right ear with right fore finger.
- 

- 16) Narasimhaya Namaha नारसिंहाय नमः
Touch left ear with right fore finger.
- 
- 17) Achuthaya Namaha अच्युताय नमः
Touch Stomach with right hand.
- 
- 18) Janardhanaya Namaha जनार्दनाय नमः
Touch heart with right hand.
- 
- 19) Upendraya Namaha उपेन्द्राय नमः
Touch head with right hand.
- 
- 20) Haraye Namaha हरये नमः
Touch right shoulder with right hand.
- 
- 21) Sri Krishnaya Namaha श्रीकृष्णाय नमः
Touch left shoulder with right hand.
- 

2 Pranayamam:

The following operations performed as you recite the Manthra constitutes one Pranayamam.

- 1) Close left nostril and breathe in.
- 2) Close both nostrils and retain breath (period: for 4 times the normal breathing in time).
- 3) Close right nostrils and breathe out (period: for 2 times the breathe in period).
- 4) Reverse the process with the left nostril.

Om Bhu, Om Buhava, Okum Suvaha
 Om Maha, Om Jana, Om Thapa, Okum sathyam
 Om Thathsavithur Varenyam
 Bargo devasya Dhimayi
 Dhiyo Yonaha Prachodhayath.
 Omapo Jyothi raso Amritham Brahma
 Bhurbhuvasvarom

प्राणायाम :-

ॐ भूः-ॐ भुवः-ॐ * सुवः-ॐ महः-ॐ जनः- ॐ तपः-ओं
 सत्यम् — ॐ तत्सवितुर्वरेण्यं भर्गो देवस्य धीमहि । धियो यो नः प्रचोदयात् ।
 ओमापो ज्योतीरसोऽमृतं ब्रह्म भूर्भुवः सुवरोम् ॥

(इति अनामिका मध्यमा अङ्गृष्टैः श्वासं निरुद्धं त्रिः जपेत)

Do Pranayamam thrice.

3 Sankalpam :

Subhe Sobane Muhurthe Adhya Brahmanaha Dvithiya
 Pararthe Sri Swetha Varahakalpe Vaivaswatha Manvanthare
 Kaliyuge Prathama Pade Jambudvipe Bharathavarshe

Bharathakande Dhandakaranye Godhavaryaha Dakshine Parsuve
 Salivahana Sake Buddhavathare Ramakshetre Asminvarthamane

----- Namasamvasthsare ----- Ayane -----
 Rithau ----- Maase ----- Pakshe ----- Thithou -----
 Vasare Subha Nakshathre Subha Yoge Subha Karane Yevam
 Guna Viseshana Visishtayam Subhathithou Bharathi Ramana
 Mukhyaprananthrakatha Savithrunamaka Sri Lakshminarayana
 Preranaya Savithrunamaka SriLakshminarayana Preethyartham
 Pratha Sandhya Upase.

Take a little amount of water in your right palm and let it flow to the ground.

शुभे शोभने मुहूर्ते, आद्य ब्रह्मणः, द्वितीय परार्थे, श्री श्वेत वराह कल्पे,
 वैवस्वत मन्वन्तरे कलियुगे, प्रथमपादे जम्बूदीपे, भारतवर्षे, भरतखण्डे
 दण्डकारण्ये, गोदावर्याः, दक्षिणे पाश्वे, शालिवाहन शके, बौद्धावतारे, रामक्षेत्रे
 अस्मिन् वर्तमाने ... नाम संवत्सरे ... अयने... ऋतौ... मासे... पक्षे....
 तिथौ... वासरे शुभ नक्षत्रे शुभ योगे, शुभ करणे, एवंगुण विशेषण विशिष्टायां
 शुभतिथौ, भारतीरमण मुख्यप्राणान्तर्गत, सवितु नामक श्री लक्ष्मीनारायण
 प्रेरण्या, सवितृनामक श्री लक्ष्मीनारायण प्रीत्यर्थ, प्रातः सन्ध्यां उपासे ।

4 Marjanam : (Purification)

Take a little amount of water in the Uddhrani (spoon). As you recite this Manthra perform the following operation.

Dip the middle finger of your right hand in the water and spray a little water over your head seven times. On the eighth time spray over your legs. The ninth time spray again over your head.

- 1) Om Aapo Hishta Mayo Bhuvaha
- 2) Thana Urje Dhadhathana

- 3) Maheranaya Chakshase
- 4) Yovaha Sivathamo Rasaha
- 5) Thasya Bajayathe Hanaha
- 6) Ushatheeriva Matharaha
- 7) Thasama Aramga Mamavaha
- 8) Yasya Kshayaye Jinvatha
- 9) Aapo Janayatha Chanaha

ॐ आपो हि ष्ठा मयोभुवः । ता न ऊर्जे दधातन । महे रणाय चक्षसे ।
 यो वशिवतमो रसः तस्य भाजयते ह नः । उशतीरिव मातरः । तस्मा अरङ्गमाम-
 वः (इति सप्तभिः पादैः सप्तवारं शिरसि प्रोक्ष्य) यस्य क्षयाय जिन्वथ (इति
 पादयोः प्रोक्ष्य) आपो जनयथा च नः (इति पुनरपि शिरसि प्रोक्ष्य)
 भूर्भुवःसुवः (इति आत्मानं परिविशेत्)

5 Jalapimantranam:

Take a little quantity of water in the hollow of the right palm, utter the following mantra, and then sip the water.

Om Suryascha/ Ma Manyuscha/ Manyupathayascha/
 Manyukruthebyaha/ Papebyo/ Rakshantham/ Yadhradhriya/
 Papamakarsham/ Manasa Vacha Hasthabyam / Padhbyam
 Udharena Sishna/ Rathris Thathavalampathu Yadhkincha
 Dhuritham Mayi / Idhamaham Mamrutha Yonau Surye
 Jyothishi Juhomi Swaha.

आपां प्राशनम्—सूर्यश्च मा मन्युश्च मन्युपतयश्च मन्युकृतेभ्यः । पापेष्यो
 रक्षन्ताम् । यद्रात्र्या पापमाकार्षम् ॥ मनसा वाचा हस्ताभ्याम् । पद्मायामुदरेण
 शिश्ना । रात्रिस्तद्वलुम्पतु । यत् किञ्च दुरितं मयि । इदमहं माममृतयोनी । सूर्ये
 ज्योतिषि जुहोमि स्वाहा ॥ (इति अपः प्राश्य-आचम्य)

6 Punarmarjanam:

Take water in the Uddrani, dip middle finger in water

and spray over head uttering the following mantra.

- 1) Dadhikravanno Akarisham/ Jishno Rasvasya
 Vajinaha/ Surabhi No Mukakarath / Prana Ayukumshi
 Tharishath /

- 2) Apohishta Mayobhuvala/ Thana Urje Dhadhathana/
 Maheranaya Chakshase/ Yovaha Sivathamo Rasaha/ Thasya
 Bajayathe Hanaha/ Uchathiriva Matharaha Thasma Aranga
 Mamavaha/ Yasya Akshayaya Jinvatha/ Aapo Janayathachanah.

दधिक्रावणो अकारिषं जिष्णोरश्वस्य वाजिनः । सुरभि नो मुखा करत्
 प्रण आयुँषि तारिषत् ॥

ॐ आपो हि ष्ठा मयोभुवः । ता न ऊर्जे दधातन । महे रणाय चक्षसे ।
 यो वशिवतमो रसः तस्य भाजयते ह नः । उशतीरिव मातरः । तस्मा अरङ्गमाम-
 वः (इति सप्तभिः पादैः सप्तवारं शिरसि प्रोक्ष्य) यस्य क्षयाय जिन्वथ (इति
 पादयोः प्रोक्ष्य) आपो जनयथा च नः (इति पुनरपि शिरसि प्रोक्ष्य)

- 3) Hiranya Varnaha Susayaha Phavaka - Yasu Jathaha
 Kasyapo Yasvindhraha/ Agnim Ya Garbham Dhadhire
 Virupaha/ Sthana Aapaha Sakum Syona Bhavantha/ Yasakum
 Raja Varuno Yathi. Maddhye Sathyaruthe/ Avapasyan
 Jananam/ Madhuschuthasaha Susayo Yaha Phavakaha/ Stana
 Na Aapaha Sakum Syona Bhavantha/ Yasam Devahadhi
 Krenvanthi Baksham ya Antharikshe Bhahutha Bhavanthi/ Yaha
 Prathivim Payaso Dhanthi/ Sukrasthana Aapaha/ Sakum syona
 Bhavantha/ Sivena Ma Sakshusha Pachyathapaha/ Sivaya
 Thanuvopasprachatha/ Thvacham Me Sarvakum Agnikum
 Apsushadho Huve vo Mayivarcho Balamojo

Nidhatha/ Dhrapadhadhiva Munjathu/ Dhrapadadhiven
 Mumusanaha ha/ Svinnaha Sandhvi Maladhiva/ Putham
 Pavithrena Vajyam/ Aapaha Sundhantha Mynasaha.

Smell the remaining water and let it flow to the ground to your left.

Now do Achamanam.

हिरण्यवर्णा शुचयः पावका यासु जातः कश्यपो यास्विन्द्रः । अर्प्ति या
गर्भं दधिरे विरूपा स्थान आपः शँ स्योना भवन्तु ॥ यासाँ राजावरूणो याति
मध्येसत्यानृते अब पश्यन् जनानाम् ॥ मधुश्चुतः शुचयो याः पावका स्ता न
आपः शँ स्योना भवन्तु ॥ यासाँ देवा दिवि कृष्णवंति भक्षं या अंतरिक्षे बहुधा
भवन्ति । याः पृथिवीं पय सोन्दन्ति शुक्रा स्तान आपः शँ स्योना भवन्तु ॥
(हस्ते जलं गृहीत्वा) शिवेन मा चक्षुषा पश्यताऽपः शिवयातनु वोपस्पृशत
त्वचं मे । सर्वा॑ अग्नी॑ रप्सुषदो हुवे वो मयि वर्चो बलमोजो निधत्त ॥
(तज्जलं नासिकया आग्राय) द्वुपदादिव मुंचतु ॥ (जलं विसृजेत् ॥)
(पुनर्जलमादाय) द्वुपदादिवेन्मुमूचानः । स्विन्नः स्नात्वा मलादिव । पूर्तं
पवित्रेणैवाज्यं । आप शुन्धन्तु मैनसः ॥ (पुनराग्राय विसृजेत्) ॥

7 Argya Pradhanam: अर्धप्रदानम् - प्राणानायम् ।

Do Pranayam

Adhya Poorvokth Evarn Guna
Viseshana Visistayam Subhathithou
Prathas Sandhya Argya Pradhanam
Karishay.

अद्य पूर्वोक्त एवं गुणविशेषण-
विशिष्टायां शुभतिथौ प्रातः सन्ध्या अर्धप्रदान
करिष्ये ॥

Now stand up.

Take water in both hands kept together with the thumbs kept apart and pour the water to the ground uttering the following gayathri Manthra three times.



*Method of offering
Argyam*

Om Bhurbh-uvassuvaha Thathsavithurvarenyam
Bargodevasya Dhimahi Dhiyo Yonaha Prachodayath.

ॐ भूर्भुवःस्वः । ॐ तत्स वितुवीरेण्यं भर्गो देवस्य धीमहि । थियो यो
नः प्रचोदयात् ॥ (अर्ध्यं दत्वा) (एवं त्रिवारं कृत्वा)

In case you missed the correct time for doing Sandya Vandhanam, do an additional Argyam as you recite the following.

प्रातः सन्ध्याकालातिक्रमदोषप्रायश्चित्तार्थं पुनः अर्ध्यं प्रधानं करिष्ये ।

Prartas Sandhya Kaladhikrama Doshaprayaschithartham
Punaha Argyapradhanam Karishey.

Uthhistouththishta Gandhavyam Punaragamanayacha
Utthishta Devi Sthathayam Visaswa Hridhayam Mama (*Thus
praying to Gayathri*) Asow Aadithyo Brahma.

उत्तिष्ठोत्तिष्ठ गन्तव्यं पुनरागमनाय च । उत्तिष्ठ देवि स्थातव्यं विशस्व
हृदयं मम ॥ असावादित्यो ब्रह्म ॥ (उपविश्य)

Spray water around you now and sit down.

7 a. Deva Tharpanam

Argyam should be offered to the Devathas as under.

a) In Shukla Paksham argyam to the following Devathas should be offered.

- | | |
|-----------------------------|-------------------|
| 1. Kesavam tharpayami | केशवं तर्पयामि |
| 2. Narayanam tharpayami | नारायणं तर्पयामि |
| 3. Madhavam tharpayami | माधवं तर्पयामि |
| 4. Govindam tharpayami | गोविन्दं तर्पयामि |
| 5. Vishnavam tharpayami | विष्णुं तर्पयामि |
| 6. Madhusudhanam tharpayami | मधुसूदनं तर्पयामि |

7.	Thrivikramam tharpayami	त्रिविक्रमं तर्पयामि
8.	Vamanam tharpayami	वामनं तर्पयामि
9.	Sridharam tharpayami	श्रीधरं तर्पयामि
10.	Hrishikesam tharpayami	हर्षीकेशं तर्पयामि
11.	Padmanabham tharpayami	पद्मनाभं तर्पयामि
12.	Damodharam tharpayami	दामोदरं तर्पयामि

2 In Krishna Paksham argyam to the following Devathas should be offered.

1.	Sankarshanam tharpayami	सङ्कर्षणं तर्पयामि
2.	Vasudevam tharpayami	वासुदेवं तर्पयामि
3.	Pradyumnam tharpayami	प्रद्युम्नं तर्पयामि
4.	Aniruddham tharpayami	अनिरुद्धं तर्पयामि
5.	Purushothamam tharpayami	पुरुषोत्तमं तर्पयामि
6.	Adhokshajam tharpayami	अधोक्षजं तर्पयामि
7.	Naarasimham tharpayami	नारसिंहं तर्पयामि
8.	Achyutham tharpayami	अच्युतं तर्पयामि
9.	Janardhanam tharpayami	जनार्दनं तर्पयामि
10.	Upendram tharpayami	उपेन्द्रं तर्पयामि
11.	Harim tharpayami	हरिं तर्पयामि
12.	Sri Krishnam tharpayami	श्रीकृष्णं तर्पयामि

7b. Then argyam to the Navagrahas should be offered.
(To be omitted on Ekadasi day)

1.	Aadithyam tharpayami	आदित्यं तर्पयामि
2.	Somam tharpayami	सौमं तर्पयामि
3.	Angarakam tharpayami	अङ्गारकं तर्पयामि

4.	Budham tharpayami	बुधं तर्पयामि
5.	Gurum tharpayami	गुरुं तर्पयामि
6.	Sukram tharpayami	शुक्रं तर्पयामि
7.	Sanim tharpayami	शनिं तर्पयामि
8.	Rahum tharpayami	राहुं तर्पयामि
9.	Kethum tharpayami	केतुं तर्पयामि

8 Samastha Bhoothochadanam:

Apasarpanthu Ithyasa Manthrasya Vama Devarishihi
Bhoothani Devathaha Anushtapa Chandhaha Samastha
Boothochadane Vinayogaha Apasarpanthu Ye Bhoothaha Ye
Bhoothaha Bhuvismsthithaha Ye Bhoothaha Vignakartharaha
Thhey Nasyanthu Sivagnyaha Apakramantu YE Bhoothaha
Kruras Chaiva Thu Rakshasaha Ye Chathra Nivasanthyeva
Devatha Bhuvi Santhatham Theshamapi Avirodhena
Brahamakarma Samarabe.

Snap Your fingers on your left side to drive away spirits.

अपसर्पन्तु इत्यस्य मन्त्रस्य वामदेव ऋषिः भूतानि देवता अनुष्टुप्छन्दः
भूतोच्चाटने विनियोगः

अपसर्पन्तु ये भूता ये भूता भुवि संस्थिताः ।

ये भूता विघ्नकर्ताः ते नश्यन्तु शिवाज्ञया ।

अपक्रामन्तुये भूता क्रूराज्वैव तु राक्षसाः ।

ये चात्र निवसन्त्येव देवताः भुवि संततम् ॥

तेषामप्यविरोधेन ब्रह्मकर्म समारभे ॥

इति छोटिका मुद्रया वापभागे सर्वभूतोच्चाटनं कृत्वा ।

9 Aasanam:

Prathivi Manthrasya Meru Preshta Rishihi Koormo

Devatha Suthalam Chandhaha Aasane Vinyogah.

Prathivi Thwaya Dhrutha lokaha Devithwam Vishnuna
Dhrutha Thwam Cha Dharaya Mam Devi Pavithram
Kuruchasanam Om Bhurbhuvaswaram Anathasanaya Namaha.

पृथिवीति मन्त्रस्य मेरुपृष्ठ ऋषिः कूर्मोदेवता सुतलं छन्दः आसने
विनियोगः ॥ पृथिवी त्वया धृता लोकाः देवि त्वं विष्णुना धृता । त्वं च धारय
मां देवि पवित्रं कुरु चासनम् ॥

ॐ भूर्भुवस्सुवरों अनन्तासनाय नमः ॥

10 Gayathri Avahanam:

Om Ithi Ekaksharam Bramha Agnir Devatha Brahma
Ithyarsham Gayathram Chandam Paramathmam Saroopam
Sayujyam Viniyogam.

ओमित्येकाक्षरं ब्रह्म । अग्निदेवता ब्रह्म इत्यार्षम् । गायत्रं छन्दं । परमात्मं
सरूपं । सायुज्यं विनियोगम्

Aayathu Varadha Devi Aksharam Brahma Sammidham
Gayathrim Chandasam Mathetham Brahma Jushasva Me
Yadhnahath Kuruthe Papam Thadhnahath Prathi Muchyathe
Yadhradhriyath Kuruthe Papam Thadhradhriyath
Prathimuchyathe Sarva Varne Mahadevi Sandhya Vidhye
Saraswathi.

आयातु वरदा देवी अक्षरं ब्रह्मसम्मितम् । गायत्री छन्दसां मातेदं ब्रह्म
जुषस्व मे ॥ यदन्हात्कुरुते पापं तदन्हात्प्रतिमुच्यते । यद्रात्यात्कुरुते पापं
तद्रात्यात्प्रतिमुच्यते । सर्ववर्णं महादेवी संध्याविद्ये सरस्वति ॥

10a Gayathri Stothoram:

Ojosi Sahosi Bhalamasi Brajosi Devanam Dhama Namasi

Viswamasi Vishvayuhu Sarvamasi Sarvayuhu Abhi Bhooram
Gayathrim Aavahayami Savithrim Aavahayami Saraswathim
Aavahayami Chandrishin Aavahayami Sreeyam Aavahayami
Balam Aavahayami.

ओजोऽसि, सहोऽसि, बलमसि, भ्राजोऽसि, देवानां धाम नामासि,
विष्णमसि विश्वायुः, सर्वमसि सर्वायुः । अभिभूरों गायत्रीमावाहयामि ।
सायित्रीमावाहयामि सरस्वतीमावाहयामि । छंदर्षीनावाहयामि ।
विष्णमावाहयामि । बलमावाहयामि ॥

11 Anganyasam Karanyasam :

Gayathriya Gayathrichandaha (touch your mouth)
Viswamithra Rishi (touch your head) Savitha Devatha (touch
your heart) Agnir Mukham (touch your mouth) Brahma Siraha
(touch your head) Vishnur Hridhayam (touch your heart)
Rudhrasika (touch your tuft) Prithivi Yonihi Pranapana
Vyanodhana Samana Saprana Svethavarna Sankyayanasa
Gothra Gayathri Chathurvikum Chathyakshara Tripadha
Shatkukshiihi Panchashirsha Upanayane Vinayogaha.

गायत्र्यः गायत्री छन्दः विश्वामित्र ऋषिः । सवितादेवता । अग्निर्मुखं ।
ब्रह्माशिरः । विष्णुहृदयं । रुद्रः शिखा ।

पृथिवी योनिः । प्राणापानव्यानोदान समानसप्राणा । रक्तवर्ण
सांख्यायन सगोत्रा गायत्री चतुर्विंशत्यक्षरा त्रिपदा षट्कुक्षिः पंच शिर्षोपनयने
विनियोगः ॥

Do Pranayama प्राणायामः—प्रणवस्य ब्रह्मभूर्भुवः सुवरोः ॥

- Thathsavithu - Angushtabhyam Namaha

तत्सवितुः अङ्गुष्ठाभ्यां नमः ।

Rub your fore finger against the back of you thumb (Both hands).



- Varenyam- Tharjaneebhyam Namaha

वरेण्यं तर्जनीभ्यां नमः ।

Rub thumb against front of fore finger.

- Bargodevasya - Madhyamabhyam Namaha

भर्गो देवस्य मध्यमाभ्यां नमः ।

Rub thumb against front of middle finger.



- Dhimayi - Anamikabhyam Namaha

धीमहि अनामिकाभ्यां नमः ।

Rub thumb against front of ring finger.

- Dhiyo Yonaha - Kanishitakabhyam Namaha

धियो यो नः कनिष्ठिकाभ्यां नमः ।

Rub thumb against front of little finger.



- Prachodhayath - Karathalakara-prashtabyam Namaha

प्रचोदयात् करतलकरपृष्ठाभ्यां नमः ।

Rub each hand against opposite elbow to wrist.



- Thathsavithu - Hridhayaya Namaha

तत्सवितुः हृदयाय नमः ।

Touch heart with right hand.

Varenyam - Sirase Swaha

वरेण्यं शिरसे स्वाहा ।

Touch head with right hand.



Savasana Devatas Ghatipras

सवासना देवातास घटिप्रस



9. Bargodevasya - Sikayai Aushat

भर्गो देवस्य शिखायै वषट् ।

Touch tuft and snap your fingers.



10. Dhimayi - Kavachayahum

धीमहि कवचाय हृष्ट ।

Fold hands.



11. Dhiyo Yonaha -

Nethrabhyam Vaushat -

धियो यो नः नेत्राबयां वौषट् ।

Touch eyes and snap fingers.



12. Prachodhayat - Asthrayapata

प्रचोदयात् अस्त्राय फट् ।

Snap your fingers.



13. Bhurbhuvaswarom - Ithidhik Bandhaha

भूर्भुवः सुवरोम् इति दिग्बन्धः ।

Snap fingers around your head.

12 Gayathri Japam:

Asya Sri Gayathri
Manthrasya Viswamithra Rishihi
Savitha Devatha Gayathri
Chandhaha Jape Viniyogaha.

अस्य श्रीगायत्री मंत्रस्य विश्वामित्र
ऋषिः । सविता देवता । गायत्रीछन्दः । जपे
विनियोगः ॥

12 a Dhyanam :

Dyevas Sadha Savithru Madala Madhyavarthee
Narayanas Sarasijasana Sannivishtaha Keyuravan
Makarakundalavan Kiriti Haari Hiranmaya Vapuhu Dhrutha
Sanka Chakraha Prodhyath Adhithyavarnascha Surya Mandala
Madhyakaha Chakra Sankha Dharongastha Dhordhvaya
Dyevevacha Savithru Namaka Sri Lakshminarayana Preranaya
Sri Lakshminarayana Preethyarthatam Prathas Sandhya Gayathri
Mantra Japam Karishye.

ध्यानं

ध्येयः सदा सवितृमण्डल मध्यवर्ती नारायणः सरसिजासन सत्त्विष्टः ।
केरूरवान् मकरकुण्डलवान् किरीटी हारी हिरण्मयवपुः धृतशंखचक्रः ॥
प्रोद्यादादित्यवर्णाच्चः सूर्यमण्डल मध्यगः । चक्रशंखधरोऽकस्थदोद्द्योध्येय एव
च ॥ सवितृनामक श्रीलक्ष्मी नारायण प्रेरण्या श्री लक्ष्मी नारायण प्रीत्यर्थ
प्रातः संध्या गायत्रीमंत्रजपं करिष्ये ॥

Gayathri Māntram:

(Do Gayathri Mantra Meditation)

Om Bhurbhuvassuvaха Thathsavithurvareniyam Bargo



Method for counting Gayathri
Mantram

Devasya Dhimayi Dhiyo Yonaha Prachodayath.

'ओम्-भूर्भुवस्सुवः तत्सवितुवरीणियम् । भग्नो देवस्य धीमहि । धियो
योः प्रचोदयात् ॥

13 Upasamharam:

Do Pranayama

Thathsavithu - Angushtabhyam Namaha

तत्सवितुः अङ्गुष्ठाभ्यां नमः ।

Rub your fore finger against the back of you thumb
(Both hands).

Varenyam- Tharjaneebhyam Namaha

वरेण्यं तर्जनीभ्यां नमः ।

Rub thumb against front of fore finger.

Bargodevasya - Madhyamabhyam Namaha

भग्नो देवस्य मध्यमाभ्यां नमः ।

Rub thumb against front of middle finger.

Dhimayi - Anamikabhyam Namaha

धीमहि अनामिकाभ्यां नमः ।

Rub thumb against front of ring finger.

Dhiyo Yonaha - Kanishtakabhyam Namaha

धियो योः कनिष्ठिकाभ्यां नमः ।

Rub thumb against front of little finger.

Prachodhayath - Karathalakaraprashtabyam Namaha

प्रचोदयात् करतलकरपृष्ठाभ्यां नमः ।

Rub each hand against opposite elbow to wrist.

Thathsavithu - Hridhayaya Namaha

तत्सवितुः हृदयाय नमः ।

12 Gayathri
Touch heart with right hand.

Varenyam - Sirase Swaha
वरेण्यं शिरसे स्वाहा।

Savithru
Touch head with right hand.

Bargodevasya - Sikayai Vashat
भर्गो देवस्य शिखायै वषट्।

Touch tuft and snap your fingers.

Dhimayi - Kavachayahum
धीमहि कवचाय हुम्।

Fold hands.

Dhiyo Yonaha - Nethrabhyam Vashat
धियो योनः नेत्राभ्यां वौषट्।

Touch eyes and snap fingers.

Prachodhayat - Asthrayapat
प्रचोदयात् अस्त्राय फट्।

Snap your fingers.

Bhurbhuvaswarom - Ithidhik Vimokaha
भूर्भुवः सुवरोम्॥ इतिदिग् विमोकः।

Snap fingers around your head.

Asya Sri Gayathri Manthrasya Viswamithra Rishishi Savithra Devatha Gayathri Chandha Japa Upasamhare Vinyogaha.
अस्य श्रीगायत्री मंत्रस्य विश्वामित्र ऋषिः सविता देवता गायत्री छन्दः जप उपसम्हरे विनियोगः।

13a Dhyanam:

Dyeyas Sadha Savithru Mandala Madhyavarthee

Narayanas Sarasijasana Sannivishtaha Keyuravan Makarakundalavan Kiriti Haari Hiranmaya Vapuhu Drutha Sanka Chakraha Prodhya Adhityavarnascha Suryamandala Madhyakaha Chakra Sanka Dharongastha Dhordyavaya Dyeye Vacha Savithru Namaka Sri Lakshminarayana Preranaya Sri Lakshkinarayana Preethyarham Prathas Sandhya Gayathri Japa Sampoornam.

ध्येयः सदा सवितृमण्डलमध्यवर्ती नारायणः सरसिजासनसंनिविष्टः ।
के पूर्वान् मकरकुण्डलवान् किरीटी हारी हिरण्मयवपुर्धृतशङ्खचक्रः ॥
प्रोद्याददित्य वर्णनश्च सूर्यमण्डल मध्यगः । चक्र शंख धर्मोऽकस्थ दोद्युयोध्येय
एव च ॥ सवितृ नामक श्रीलक्ष्मी नारायण प्रेरणया श्रीलक्ष्मी नारायण प्रीत्यर्थ
प्राप्तः संध्या गायत्री जपः संपूर्णः ।

14 Gayathri Uthvasanam:

Uththame Sikare Jathe Bhoomyam Parvathamoordhani Brahmanyo Abyanugnyatha Gachcha Devi Yatha Sukham Sree Gachcha Devi Yath Sukham Om Namo Namaha.

उत्तमे शिखे जाते भूम्यां पर्वतमूर्धनि । ब्राह्मणेभ्योऽभ्यनुजाता गज्ञ
तेवि यथासुखम् ॥ श्री गज्ञ देवी यथासुखम् आं नमो नमः ।

15 Suryopasthanam:

Stand up and face east with folded hands.

Mithrasya Charshani Dhruthaha Sravo Devasya Sanasim Sathyam Chithra Sravasthamam Mithro Janan Yathayathi Prajanan Mithro Dhaadhaar Prathivimudhadhyam Mithraha Krishtihii Animisha Bhi Chas-te Sathyam Havyam Gruthvadh Vidhema Pras Mithra Mardho Asthu Praysvan Yastha Adhithya Sikshathi Vrathena na Hanyathe Na Jeeyathe Thwo Tho Nainam Akumho Achnothi Andhitho Na Dhoorath OM

ओम् मित्रस्य चर्षणीधृतः श्रवो देवस्य सानसिम् । सत्यं
चित्रश्रवस्तमम् ॥ मित्रो जनान् यातयति प्रजानन् मित्रो दाधार पृथिवीमुत द्याम् ।
मित्रः कृष्णरनिमिषाऽभिचष्टे सत्याय हव्यं घृतवद्विधेम् ॥ प्र स मित्र मर्तो अस्तु
प्रयस्वान् यस्त आदित्य शिक्षति ब्रतेन । न हन्यते न जीयते त्वोतो नैनम् हो
अश्नोत्यन्तितो न दूरात् ॥ अ०

16 Pradakshinam:

- 1) Namaha Praschey Disey Yascha Devatha Yethasyam
Prathivasanthi Ethabhyascha Namo Namaha.

नमः प्राच्यै दिशे याश्च देवता: एतस्यां प्रतिवसन्ति एताभ्यश्च नमो
नमः ।

Pray to Eastern direction.

- 2) Namaha Dakshinaya Dhisey Yascha Devatha Yethasyam
Prathi Vasanthi Ethabhyascha Namo Namáha.

नमः दक्षिणायै दिशे याश्च देवता: एतस्यां प्रतिवसन्ति एताभ्यश्च नमो
नमः ।

Pray to Southern direction.

- 3) Namaha Pradeechay Disey Yascha Devatha Yethasyam
Prathivasanthi Ethabhyascha Namo Namaha.

नमः प्रतीच्यै दिशे याश्च देवता: एतस्यां प्रतिवसन्ति एताभ्यश्च नमो
नमः ।

Pray to Western direction.

- 4) Namaha Udheechev Dhisey Yascha Devatha Yethasyam
Prathivasanthi Ethabhyascha Namo Namaha.

नमः उदीच्यै दिशे याश्च देवता: एतस्यां प्रतिवसन्ति एताभ्यश्च नमो
नमः ।

Pray to Northern direction.

- 5) Namaha Oordhavayay Dhisey Yascha Devatha
Yethasyam Prathivasanthi Yethabhyascha Namo Namaha.

नमः ऊर्ध्वायै दिशे याश्च देवता: एतस्यां प्रतिवसन्ति एताभ्यश्च नमो
नमः ।

Pray to upper direction (skies).

- 6) Namaha Adharaya Dhisey Yascha Devatha Yethasyam
Prathivasanthi Yethadhyascha Namo Namaha.

नमः अधरायै दिशे याश्च देवता: एतस्यां प्रतिवसन्ति एताभ्यश्च नमो
नमः ।

Pray to lower direction (Nether).

- 7) Namaha Avaantharayay Dhisey Yascha Devatha
Yethasyam Prathivasanthi Yethabhyascha Namo Namaha.

नमः अवांतरायै दिशे याश्च देवता: एतस्यां प्रतिवसन्ति एताभ्यश्च नमो
नमः ।

Pray to middle direction.

Namo Namo ganga Yamunayor madhye Ye vasanthi.
They me Prasannath Maanaha Siram Jeevitham Vardhayanthi
Namo Ganga Yamunayoha Munibhyascha Namaha Namo
Ganga Yamunayoha Munibhyasch Namaha.

ॐ नमो नमो गंगायमुनायोर्मध्ये ये वसंति ते मे प्रसन्नात्मानः चिरं
जीवितं वर्धयन्तु ॥ ॐ नमो नमो गंगायमुनायोर्मुनिभ्यश्च नमो नमः ॥ नमो
गंगा-यमुन योर्मुनिभ्यच्छ नमः ।

- 17 Sandhyayayee Namaha Savithriya Namaha Gayathriyay
Namaha Saraswathyay Namaha Sarvabhya Devathabhyo

Namaha Devebhyo Namaha Rishibhyo Namaha Gurubhyo
Namaha Maathrubhyo Namaha Pithrubhyo Namaha
Kaamokarsheen Manyu Karsheen Namo Namaha.

*Do Pradhakshanam and pray to Gods of anger and desire
to remove these failings and sins.*

सन्ध्यायै नमः; सावित्र्यै नमः; गायत्र्यै नमः; सरस्वत्यै नमः; सर्वभ्यो
देवताभ्यो नमः। देवेभ्यो नमः। ऋषिभ्यो नमः। गुरुभ्यो नमः। मातृभ्यो नमः
पितृभ्यो नमः॥ कामोऽकार्षीन्मन्त्रुकार्षीन् नमो नमः।

18 Yakum Sadha Sarvabhothani Sthavarani Charani Cha
Sayam Prāthaha Namasyandhi Sama Sandhya
Abhirakshthu Sri Sama Sandhya Abhirakshathum Namo
Namaha.

या॑ सदा सर्वभूतानि स्थावराणि चराणि च।

सायं प्रातर्नमस्यन्ति सा मा संध्याभिरक्षतु ॥

श्री सा मा संध्याभिरक्षत्वो नमो नमः।

19 Brahmanyo Devaki Puthro Brahmanyo madhusudhanaha
Brahmanyaha Pundarikaksho

Brahmanyo Vishnurachyathaha Namo Brahanya Devaya
Go Brahmana Hithaya Cha Jagath Hithaya Krishnaya
Govindaya Namo Namaha Sri Govindaya Namosthu Om
Namo Namaha.

ब्रह्मण्यो देवकीपुत्रो ब्रह्मण्यो मधुसूदनः॥

ब्रह्मण्यःपुण्डरीकाक्षो ब्रह्मण्यो विष्णुरच्युतः।

नमो ब्रह्मण्य देवाय गो ब्राह्मण हिताय च।

जगद्विताय कृष्णाय गोविंदाय नमो नमः।

श्री गोविंदाय नमोस्तु ॐ नमो नमः।

20 Sthutha Maya Varadha Vedamatha Prachodhayanthi

Pavane Dhwijatha Ayuhu Prathivyam Dhravinam
Bramhavarchasam Mahyam Dhatwa Prajathum Brahma
Lokam Sri Mahyam Dhatwa Prajathum Brahma Lokam
Om Namo Namaha.

ॐ स्तुता मया वरदा वेदमाता प्रचोदयंती पवने द्विजाता । आयुः
पृथिव्यां द्रविणं ब्रह्मवर्चसं महां दत्वा प्रजाजु ब्रह्मलोकम्॥ श्री महांदत्वा प्रजातु
ब्रह्मलोकं ओं नमो नमः।

21 Sarva Vedhesu Yadhpunyam Sarva Theerthesu
Yathpalam thatpalam Samavapnothi Sthuthva Dhevam
Janardhnam Sri Sthuthva Devam Janardhnam Om Namo
Namaha.

सर्ववेदेषु यत्पुण्यं सर्वतीर्थेषु यत्फलम्।

तत्फलं समवाप्नोति स्तुत्वा देवं जनार्दनम् ॥

श्री स्तुत्वा देवं जनार्दनं ओं नमो नमः।

22 Aakashadh Pathitham Thoyam Yatha Gachchathi
Sagaram Sarva Deva Namaskaraha Kesavam
Prathhigachchathi Sri Kesavam Prathigachchathi Om
Namo Namaha.

आकाशात् पतितं तोयं यथा गच्छति सागरम्।

सर्वदेवनमस्कारः केशवं प्रति गच्छति ॥

श्रीकेशवं प्रति गच्छति ओं नमो नमः।

23 Vaasanath Vaasudevayaha Vasutham They Jagathrayam
Sarva Bhootha Nivasosi Vaasudeva Namosthuthe Sri
Vaasudevanamosthuthe Om Namo Namaha.

वासनाद्वासुदेवस्य वासितं ते जगत्रयम्।

सर्वभूत-निवासोऽसि वासुदेव नमोस्तु ते ॥

श्रीवासुदेव नमोस्तु त ओं नमो नमः।

24 Namosthananthaya Sahsra Moorthaye Sahsra Padhakshi
Sirov Bhahave Sahsra Namne Purushaya Saswathe
Sahasra Koti Yuga Dharine Namaha Sri Sahsra Koti
Yuga Dharine Om Namo Namaha.

नमोऽस्त्वनन्ताय सहस्रमूर्तये सहस्र-पादाक्षिं शिरोरु-बाहवे ।
सहस्रनामे पुरुषाय शाश्वते सहस्रकोटि-युगधारिणे नमः ॥
सहस्रकोटि-युगधारिणं ओं नमो नमः ॥

25 Gothram Pravaram:

Chatusagara Paryantham Go Brahmanebhyo Subham
Bavathu..... pravaran Vidha
..... Gothra Aapastamba Soothra Yajushakaha
— Sarma Ahambo Abbhivadhaye.

चतुःसागरपर्यंतं गो ब्राह्मणेभ्यः शुभं भवतु ॥
(प्रवरोच्चारः)....प्रवरान्वित
(गोत्रोच्चारः) ... गोत्रोआपस्तंबसूत्रं यजुशशाखः
... शर्मा अहं भो अभिवादये ॥ (भूमियन्नु मुष्टि नमस्करिसबंकु)

Do Namaskaram and sit down.

26 Samarpanam:

Yasya Smruthyacha Naamokthya Thapas Sandhya
Kriyadhisthu Nyunam Sampoornatham Yathi Sathyo Vandhe
Tham Achutham Manthra Heenam Kriya Heenam Bhakthi
Heenam Ramapathe Yath Krutham Thu Maya Deva
Paripurnam Thathasthu Me.

Anena prathas Sandhya Vandhanena Bhagwan
Madhwacharya Nama Hruthukamala Madhya Nivasi Anantha
Kalyana Gunaparipoorna Ksheerabthi Sayee Nirdhosha Gnyana
Nandathma Vishnurme Swamy Bharathi Ramana Mukhya
Pranathrkatha Savithrunamaka Sri Lakshki Narayana

Priyatham Supritho Vardho Bhavathu Sri Krishnarpanamasthu.

परथ्य स्मृत्या च नामोक्त्या तपः संध्या क्रियादिषु ।
न्यूनं संपूर्णतां याति सद्यो वन्दे तमच्युतम् ॥

पन्नहीनं क्रियाहीनं भक्तिहीनं रमापते ।
पत्कृतं तु मया देव परिपूर्णं तदस्तु मे ॥

अत्रैत प्रातः सत्या वन्दनेत भगवान् पञ्चाचार्यणां हृदकमल
मञ्चविषयस्ति अनन्तकल्पाणं गुणपरिपूर्णः क्षीराच्छिदशायी निर्दोष -
ग्रानान्तराला विष्णुपूर्णे स्वामी भारतीरमण मुख्यप्राणान्तर्गत सवितृ नामक श्री
लक्ष्मीनारायणः प्रीयताम् । सुप्रीतो वरदो भवतु । श्रीकृष्णार्पणमस्तु ॥

Pour water and do Achamanam twice.

27 Japasthalai Prokshanam:

Adhyono Deva Savithaha Prajavathsavis Sowbhagam
Para Dhuswapniyakum Suva Viswani Deva Savithaha
Dhurithani Parasuva Yadh Badram Thanma Aasuva

*Pour a little water on the mat/seat and spray this water
over your head.*

अद्या नो देव सवितः । प्रजावत्सावीः सौभगम् परा दुष्क्रियँ सुव ।
विषाणि देव सवितः । दुरितानि परासुव । यद भद्रं तन्म आसुव ।

Yas Sarvaguna Sampoornaha Sarva Dosha Vivarjithha
Priyatha Pritha Evalam.

Vishnur Me Paramas Suhuruth.

YAJUR VEDA

MADHYANIKA SANDYA VANDANAM

1 Achamanam:

Do Achamana twice (see para 1 of pratha sandhya)

2 Pranayamam:

Do Pranayamam thrice

3 Sankalpam:

Subhe Sobane Muhurthe Adhya Brahmanaha Dvithiiya
Pararthe Sri Swetha Varahakalpa Vaivaswate Manvanthare
Kaliyuge Prathama Pade Jambudvipe Bharathavarshe
Bharathakande Dhandakaranye Godhavaryaha Dakshine Parsuve
Salivahana Sake Buddhavathare Ramashetre Asminvarthamane
----- Namasamvasthsare ----- Ayane -----

Rithau ----- Maase ----- Pakshe ----- Thithou -
----- Vasare Shuba Nakshathre Shuba Yoge Shuba Karane
Yevam Guna Viseshana Visishtayam Subhathithou Bharathi
Ramana Mukhyapranantrkatha Savithra namak. Sri Lakshmi
Narayana Preranaya savithrunamak Sri lakshminarayana
Preethyarthatam Madhyanika Sandya Upase.

Take a little amount of water in your right palm and let it flow to the ground.

शुभे शोभने मुहूर्ते, आद्य ब्रह्मणः, द्वितीय परार्थे, श्री श्वेत वराह कल्पे,
वैवस्वत मन्वन्तरे कलियुगे, प्रथमपादे जम्बूद्वीपे, भारतवर्षे, भरतखण्डे
दण्डकारण्ये, गोदावर्या:, दक्षिणे पार्श्वे, शालिवाहन शके, बौद्धावतारे, रामक्षेत्रे
अस्मिन् वर्तमाने ... नाम संवत्सरे ... अयने ... ऋतौ... मासे ... पक्षे ...

तिथि ... वासरे शुभ नक्षत्रे शुभ योगे, शुभ करणे, एवंगुण विशेषण
विशिष्टायां शुभतिथौ, भारतीरमण मुख्यप्राणान्तर्गत, सवितृ नामक श्री
लक्ष्मीनारायण प्रेरण्या, सवितृ नामक श्री लक्ष्मीनारायण प्रीत्यर्थ, माध्याह्निक
समयां उपासे ।

4 Marjanam: (purification)

Do as directed in para 4 of pratha sandhya

5 Apaam Praasanam:

Take a little quantity of water in the hollow of the right palm, utter the following manthra, and then sip the water.

Aum Aapaha punantu pruthiveem : Pruthivi pootha
punathumam : Punantu brahmanaspathihi : Bramha putha
punathumam : Yadhuchchistamabojyam yadhwa dhuscharitham
mama : Sarvam punantu mam apo : Asatham cha
prathigruhyakum swaha

(अपां प्राशनम्)

आपः पुनन्तु पृथिवीं पृथिवीं पूता पुनातु माम् ।

पुनन्तु ब्रह्मणस्पतिब्रह्मा पूता पुनातु माम् ॥

यदुच्छिष्टमभोज्यं यद्वा दुश्चरितं मम ।

सर्वं पुनन्तु मामापेऽसतां च प्रतिग्रहं स्वाहा ॥

(इति हस्ते धृतं जलं पीत्वा, आचम्य)

6 Punarmarjanam:

Do as directed in para 6 of pratha sandhya.

7 Argya Pradhanam:

Do Paranyayamam

Adhya Poorvokth Evam Guna Viseshana Visistayam
Subhathithou Madhyanika Sandhya Argya Pradhanam Karishey.

अद्य पूर्वोक्त एवंगुण विशेषण विशिष्टायां शुभतिथौ माध्याह्निक सन्ध्या
अर्ध्यं प्रदानं करिष्ये ॥

1 Achamanam:
Now stand up.

Do Achamanam twice.
Take water in both hands kept together with the thumbs
kept apart and pour the water to the ground uttering the following
Mantra

Hakum sas susishadh : Vasurandriksha shadh : Hotha
vedhi shadh : Athithir dhrona shadh: Nrushadh: Varashadh: Ritha
shadh; Vyoma shadh: Abja, goja, rithaja, athrija, rithambruhadh:
(Only one argyam. Some do two additional argyams with
Gayathri Manthram).

ॐ हूँ सः शुचिषद् बसुरंतरिक्षसद्गोता वेदिषदतिथिरुरोणसत् ।
नृषद्वरसदृत सद् व्योमसदब्जा गोजा ऋतजा अद्रिजा ऋतंबृहत् ॥

(इति एकं अर्ध्यं, गायत्र्या च अर्ध्यं, द्वेयं प्रायश्चित्तार्थं, गायत्री प्रार्थना
च प्रातः संध्यावत् । (आचामेत् ॥)

Uthhistouththishta Gandhavyam Punaragamanayacha
Utthishta Devi Sthathavyam Visaswa Hridayam Mama (Thus
praying to Gayathri) Asow Aadhithyo Brahma.

उत्तिष्ठोत्तिष्ठ गंतव्यं पुनरागमनाय च ।
उत्तिष्ठ देवि स्थातव्यं विशस्व हृदयं मम ॥
असावादित्यो ब्रह्म ॥ (इति मंत्रेण सजलहस्तेन आत्मानं परिषिञ्चन्
प्रदक्षिणं कृत्वा उपविश्य द्विराचामेत् ॥)

Spray water around you now and sit down.

Deva Tharpanam & Navagraha Tharpanam

Do as in para 7 & 7b of pratha sandhya (Omit 7b on
Ekadasi day)

8 Upasthanam: (Stand up and Chant the following
Mantra)

Aasathyena rajasa varthamano : Nivesayann amrutham
marthyama cha: Hiranyena savitha rathena: Aadevo yaathi
bhuvana vipasyan: Udvayam thmasas pari pasyantho
jyothiruththaram : Devam devathraa suryam: Agnam
jyothiruththamam: Udhuthyam jaatha vedhasam : Devam
vahanthi kethavaha: Drise vishvaaya suryam: Chithram
devanam udhagadha neekam:

Chákshur mithrasya varunasyagne: Aapradhyava pruthivi
anthariksham: Surya aathma: Jagathaha thasthushascha:
Thachchakshuhu devahitham purasthath chukra muchcharath;
pasyema saradhaha satham: Jeevema sradhaha satham:
Nandaama saradhaha satham: Modama saradhaha satham:
Bhavama saradhaha satham: Shriunavama saradhaha satham:
Prabhavama saradhaha satham: Ajithas syama saradhaha
satham: Jyoksha suryam druse:

Ya udhakan mahethornavath: Vibrajamanaha
sareerayasya madhyath: Sa maa vrushabho lohidhakshaha
suryo vipaschin manasa punathu yasmin bhootham cha
bhavyam cha: Sarve lokas sama hithaha: Thena grunhami
thwamaham: Mahyam grunhami thwamaham: Prajapathin
thwamahyam grunhamya sou:

आ सत्येन रजसा वर्तमानो निवेशयन्नमृतं मर्त्यं च । हिरण्ययेन सवित
तेन देवो याति भुवना विपश्यन् ॥

उद्धयं तमसस्परि पश्यन्तो ज्योतिरुत्तरम् । देवं देवत्रा सूर्यमग्नम्
ज्योतिरुत्तमम् ॥

उदुत्यं जातवेदसं देवं वहन्ति केतवः । दृशे विश्वाय सूर्यम् ॥ चित्रं
देवानामुदगादनीकं चक्षुर्मित्रस्य वर्णणस्यामः ।

आऽप्रा द्यावापृथिवी अन्तरिक्षं सूर्यं आत्मा जगतस्त स्थुषश्च । देवहितं
पुरस्ताच्छुक्मुच्चरत् ।

पश्येम शरदशशतं जीवेम शरदशशतं नन्दाम शरदशशतं मोदाम शरदशशतं
भवाम शरदशशतं शृणवाम शरदशशतं प्रब्रवाम शरदशशतमजीतास्याम शरदशशतं
ज्योक् च सूर्यं दृशे ।

य उदगान्महतोऽर्णवाद्विभाजमानस्सरिरस्य मध्यात् स मा वृषभो
लोहिताक्षः सूर्यो विपश्चिन्मनसा पुनातु यस्मिन् भूतं च भव्यं च सर्वे लोकाः
समाहिताः । तेन गृह्णामि त्वामहं महां गृह्णामि त्वामहं प्रजापतिना त्वा महां
गृह्णाम्यसौ ॥

9 Sandhyayayee Namaha (as in para 17 of pratha sandhya)

10 Yakum sadha sarvabhothani (as in para 18 of pratha sandhya)

11 Brahmanyo Devaki Puthro (as in para 19 of pratha sandhya)

12 Sthutha Maya (as in para 20 of pratha sandhya)

13 Sarva Vedheshu Yadhpunyam (as in para 21 of pratha sandhya)

14 Aakashadh Pathitham Thoyam..... (as in para 22 of pratha sandhya)

15 Vaasanath Vaasudevasyaha..... (as in para 23 of pratha sandhya)

16 Namosthananthaya Sahasra (as in para 24 of pratha sandhya)

Gothram Pravaram: Abhivadaye - (as in para 25 of pratha sandhya)

Do Namaskaram and sit down.

17 Samastha Bhoothochadanam:

Apasarpanthu Ithyasa Manthrasya (as in para 8 of pratha sandhya)

18 Aasanam:

Prathivi Manthrasya..... (as in para 9 of pratha sandhya)

19 Gayathri Avahanam:

Om Ithi Ekaksharam Bramah (as in para 10 of pratha sandhya)

Gayathri Stothoram:

Ojosi Sahosi Bhalamasi ... (as in para 10a of pratha sandhya)

20 Anganyasam Karanyasam:

Gayathriya Gayathrichandaha ... (as in para 11 of pratha sandhya)

21 Gayathri Japam:

Asya Sri Gayathri Manthrasya ... (as in para 12 of pratha sandhya)

Dhyanam:

Dyeyas Sadha Savithru Madala Madhyavarthee
Narayanas Sarasijasana Sannivishtaha Keyurvan
Makarakundalavan Kiriti Haari Hiranmaya Vapuhu Dhrutha
Sanka Chakraha Prodhyath Adhithyavarnascha Surya Mandala
Madhyakaha Chakra Sankha Dharongastha Dhordhavaya
Dyeyevacha Savithru Namaka Sri Lakshminarayana Preranaya
Sri Lakshminarayana Preethyartham Madhyanika Sandhya
Gayathri Mantra Japam Karishye.

Gayathri Manthram: (Do Gayathri Manthiram Meditations)

Om Bhurbhuvassuvaaha Thathasavithuravarenyam Bargo
Devasya Dhimayi Dhiyo Yonaha Prachodayath.

22 Upasamharam:

Om Bhuhu Om Buhave

Bhu Bhuvavarom - Ithithik Vimokahs *Snap fingers around head.* (as in para 13 of pratha sandhya)

Asya Sri Gayathri Mantrasya Viswamithra Rishihi
Savitha Devatha Gayathri Chandra Japa Upasamhare
Vinyogaha.

Dhyanam: (as in 13a of pratha Sandhya)

Dyeyas Sadha Svithru Mandala Madhyavarthee
Narayanas Sarasijasana Snnivishtaha Keyuravan
Makarakundalavan Kiriti Haari Hiranmaya Vapuhu Drutha
Sanka Chakraha Prodhyath Adhithyavarnascha Suryamandala
Madhyakaha Chakra Sankha Dharongastha Dhordyavaya Dyeya
Vache Savithru Namaha Sri Lakshminarayana Preranaya Sri

Lakshkinarayana Preethyartham Madhyanika Sandhya
Gayathri Japa Sampoornam.

23 Gayathri Uthvasanam:

Uththame Sigare Jathe Bhoomyam (as in para 14 of Pratha sandhya)

24 Samarpanam:

Yasya Smruthyacha Naamokthya Thapas Sandhya
Kriyathishu Nyunam Sampoornatham Yathi Sathyo Vandhe
Tham Achutham Mantra Heenam Kriya Heenam Bhakthi
Heenam Ramapathe Yath Krutham Thu Maya Deva
Paripurnam Thathasthu Me.

Anena Madhyanika Sandhya Vandhanena Bhagwan
Madhwacharya Nama Hruthukamala Madhya Nivasi Anantha
Kalyana Guna Paripurna. Ksheerabhi Sayee Nirdhosha Gnyana
Nandathma Vishnurme Swamy Bharathi Ramana Mukhya
Pranathrkatha Savithrunamaka Sri Lakshmi Narayanaha Priyham
Suprihno Vardho Bhavathu Sri Krishnarpanamasthu.

Pour water and do Achamanam twice.

25 Japasthala Prokshanam: (as in para 27 of Pratha sandhya)

Adhyono Deva Savithaha Prajavathsavis Sowbhakam
Para Dhuswapriyakum Suva Viswani Devan Savithaha
Dhurithani Parasuva Yadh Badram Thanma Aasuva

Pour a little water on the mat/seat and spray this water over your head. Yas Sarvaguna Sampoornaha Sarva Dosha Vivarjithaha Priyatham Pritha Evalam Vishnur Me Paramasuhuruth.

YAJUR VEDA SAYAM SANDHYA VANDANAM

1 Avhamanam:

Do achamanam twice (as in para 1 of Pratha sandhya)

2 Pranayamam : (as in para 2 of Pratha sandhya)

Do Pranayamam thrice

3 Sankalpam:

Subhe Sobane Muhurthe Adhya Brahmanaha Dvithiya Parathe Sri Swetha Varahakalpe Vaivaswatha Manvanthare Kaliyuge Prathma Pade Jambudvipe Bharathavarshe Bharathakande Dhandakaranye Godhavaryaha Dakishine Parsuve Salivahana Sake Buddhavathare Ramakshetre Asminvarthamane

----- Namasamvasthsare ----- Ayane -----
----- Rithau ----- Maase ----- Pakshe -----

Thithou ----- Vasara Subha Nakshathre Subha Yoge Subha Karane Yevam Guna Viseshana Visishtayam Subhathithou Bharathi Ramana Mukhyaprananthrakatha savithrunamak Sri Lakshminarayana Preranaya Savithru Namaka Sri Lakshminarayana Preethyaratham Sayam Sandhya Upase.

Take a little amount of water in your right palm and let it flow to the ground.

शुभे शोभने मुहूर्ते, आद्य ब्रह्मणः, द्वितीय परार्थे, श्री श्वेत वराह कल्पे, वैवस्वत मन्वन्तरे कलियुगे, प्रथमपादे जम्बूद्वीपे, भारतवर्षे, भरतखण्डे दण्डकारण्ये, गोदावर्याः, दक्षिणे पार्श्वे, शालिवाहन शके, बौद्धावतरे, रामक्षेत्रे अस्मिन् वर्तमाने... नाम संवत्सरे... अयने.... ऋतौ.... मासे.... पक्षे....

तिथि ... वासरे शुभ नक्षत्रे शुभ योगे, शुभ करणे, एवं गुण विशेषण विशिष्टायां शुभतिथौ, भारतीरमण मुख्यप्राणान्तर्गत सवितृ नामक श्री लक्ष्मीनारायण प्रेरण्या, सवितृ नामक श्री लक्ष्मीनारायण प्रीत्यर्थं, सायं सन्ध्या उपासे ।

4 Marjanam: (Purification)

Do as in para 4 of pratha sandhya

5 Apaam Praasanam:

Take a little quantity of water in the hollow of the right palm, utter the following manthra, and then sip the water.

Om Agnischa Ma manyuscha : manyupathayascha manyukruthebyaha : Papebyorakshantham : yadhnaha papa makarisham : Manasa vacha hasthabyam : padhbhyam udharena nishna : ahas thadhvalampathu : yadh kincha dhuritham mayi : Idhamaham mamrutha yonahow : Sathyे jyothishi juhomi swaha:

अग्निश्च मा मन्युश्च मन्युपतयश्च मन्युकृतेभ्यः पापेभ्यो रक्षन्ताम् । यदह्ना पापमकार्षम् । मनसा वाचा हस्ताभ्याम् । पञ्चामुदरेण शिश्ना । अहसादवलुम्पतु यत् किञ्च दुरितं मयि । इदमहं माममृतयोनौ । सत्ये ज्योतिषि गुहोमि स्वाहा ॥

6 Punarmarjanam :

Do as in para 6 of pratha sandhya

7 Argya Pradhnam:

Do Pranayamam

Adhya Poorvokth Evam Guna Viseshana Visistayam

Subhathithou Sayam Sandhya Argyapradhanam Karishey.
Now stand up.

Take water in both hand kept together with the thumbs kept apart and pour the water to the ground uttering the following Gayathi Manthra three times.

Om Bhurbhuvassuvaaha Thathsavithurvarenyam
Bargodevasya Dhimaya Dhiyo Yonaha Prachodayath.

In case you missed the correct time for doing Sandhya Vandhanam, do an additional Argyam as you recite the following.

Sayam Sandhya Kaladhikrama Doshprayaschithartham
Punaha Argyapradhanam Kasishey.

Uthhistouththisha Gandhavyam Punaragamanayacha
Uththishta Devi Sthathavyam Visasva Hridhayam Mama (Thus
praying to Gayathri) Asow Aadhithyo Brahma.

Spray water around you and sit down.

Deva Tharpanam & Navagraha Tharpanam

Do as in para 7a and 7b of pratha sandhya

8 Samastha Bhoothochadanam:

Do as in para 8 of pratha sandhya

9 Aasanam:

Do as in para 9 of pratha sandhya

10 Gayathri Avahanam:

Do as in para 10 of pratha sandhya

Gayathri Stothram:

Do as in para 10a of pratha sandhya

11 Anganyasam Karanyasam:

Do as in para 11 of pratha sandhya

12 Gayathri Japam : (Do as in para 12 of Pratha Sandhya)

Asya Sri Gayathri Manthrasya Viswamithra Rishihi
Savitha Devatha Gayathri Chandhaha Jape Vinayogaha.

Dhyanam: (-para 12a of Pratha Sandhya)

Dyeyas Sadha Savithru Madala Madhyavarthee
Narayanas Sarasijasana Sannivishtaha Keyuravan
Makarakundalavan Kiriti Haari Hiranmaya Vapuhu Dhrutha
Sanka Chakraha Prodhyath Adhithyavarnascha Surya Mandala
Madhyakaha Chakra Sankha Dharogastha Dhordhvaya
Dyeyevacha Savithru Namaka Sri Lakshminarayana Prerayana
Sri Lakshminarayana Preethyarham Sayam Sandhya Gayathri
Manthra Japam Karishye.

Gayathri Manthram

Om Bhurbhuvassuvaaha Thathsavithurvarenyam Bargo
Devasya Dhimayi Dhiyo Yonaha Prachodayath.

13 Upasamharam:

Do as in para 13 of pratha sandhya

Dhyanam: (supara 13 a of pratha sandhya)

Dyeyas Sadha Savithru Madala Madhyavarthee
Narayanas Sarasijasana Sannivishtaha Keyuravan

Makarakundalavan Kiriti Haari Hiranmaya Vapuhu Dhrutha
Sanka Chakraha Prodyath Adhithyavarnascha Surya Mandala
Madhyakaha Chakra Sankha Dharogastha Dhordhvaya
Dyeyevacha Savithru Namaka Sri Lakshminarayana Prerayana
Sri Lakshminarayana Preethyarthatam Sayam Sandhya Gayathri
Manthra Japa Sampoornam.

14 Gayathri Uthvasanam: (as in para 14 of Pratha Sandhya)

15 Varunopasthanam:

Stand up and face west with folded hands.

Imam Me Varuna Shrdhi Havam/ Adhavha Mrudaya/
Thwamavasyurachake/ Thatva Yaami Brahmana Vandhanaha/
thadhaashasthe Yajamano Havirbihi/ Ahedamano
Varunohabodhi/ Urusakum Sa Mana Ayuhu Pramoshihi/
Yachchddithe Visho Yatha/ Pradheva Varuna Vrutham/
Minimasi Dhyavi Dhyavi/ Yathkinchetham Varuna/ Daiyve
Janebidhroham/ Manushyas Charaamasi/ Achiththi Yaththava
Dharma Yuyopima/ Ma Nas Thasmath Aeneso Deva
Reerishaha/ Kiithavaso Yadh Riripuhu/ Na Deevi/ Yadvika
Sathyam Utha Yan Na Vidhma/ Sarva Tha Vishya Sithireva
Deva/ Athathe Syama Varuna Priiyasaha/ Om/

इमं मे वरुण श्रुधी हवमद्या च मृडय। त्वामवस्युराचके॥ तत्वा यामि
ब्रह्मणा वन्दमानस्तदाशास्ते यजमानो हविर्भिः। अहेऽमानो वरुणेह बोध्युरुशँस्
मा न आयुः प्रमोषीः॥ यच्चिद्दिते विशो यथा प्रदेव वरुण व्रतम्। मिनीमसि
द्यविद्यवि॥

यत् किञ्चेदं वरुण दैव्ये जनेऽभिद्रोहं मनुष्याश्चरामसि। अचित्ती यत्तव
धर्मा युयोपिम मा नस्तस्मादेनसो देव रीरिषः॥ कितवासो यत्रिपुर्ण दीवि यद्वा

पा सत्यमुत यन्न विद्य। सर्वा ता विष्णु शिथिरेव देवाथा ते स्याम वरुण
प्रियासः॥

16 Pradakshinam:

Do as in para 16 of pratha sandhya beginning with the western direction.

- 17 as in para 17 of pratha sandhya
- 18 as in para 18 of pratha sandhya
- 19 as in para 19 of pratha sandhya
- 20 as in para 20 of pratha sandhya
- 21 as in para 21 of pratha sandhya
- 22 as in para 22 of pratha sandhya
- 23 as in para 23 of pratha sandhya
- 24 as in para 24 of pratha sandhya

Gothram Pravaram : (as in para 25 of Pratha Sandhya)

Do Namaskaram and sit down.

25 Samarpanam: (para 24 of pratha sandhya)

Yasya Smruthyacha Naamokthya Thapas Sandhya
Kriyathishu Nyunam Sampoornatham Yathi Sathyo Vandhe
Tham Achutham Manthra Heenam Kriya Heenam Bhakti
Heenam Ramapathe Yath Krutham Thu Maya Deva
Paripurnam Thathasthu Me.

Anena Sayam Sandhya Vandhanene Bhagwan
Madhwacharya Nama Hruthukamala Madhya Nivasi
Ananthakalyana Gunaparipoorna Ksheelabhi Sayee Nirdhosha

Gnyana Nandathma Vishnurme Swamy Bharathi Ramana
Mukhya Pranathrkatha Savithrunamaka Sri Lakshmi
Narayananaha Priytham Supritho Vardho Bhavathu Sri
Krishnarpanamasthu.

Pour water and do Achamanam twice.

26 Japasthala Prokshanam : (do as in para 27 of Pratha Sandhya)

Adhyono Deva Savithaha Prajavathsavis Sowbhakam
Para Dhuswapriyakum Sunva Viswami Deva Savithaha
Dhurithani Parasuva Yadh Badram Thanma Aasuya.

Pour a little water on the mat/seat and spray this water over your head.

Yas Sarvaguna sampoornaha Sarva Dosha Vivarjiothaha
Priiyatham Pritha Evalam Vishnure Me Paramas Suhuruth.

RIG VEDA SANDHY VANDHANAM

PRATHA SANDHYA

- Achamanam : आचमनम्—
Do achamanam as per the instructions given at the beginning of Yajur Veda Pratha Sandhya (Page)
 - Pranayamam: प्राणायामः—
The following operations performed as you recite the Mantras constitutes one Pranayamam.
 - Close your right nostril and breathe out through your left nostril. (period ratio-2)
 - Close your left nostril and breathe in through your right nostril. (period ratio-1)
 - Close both nostrils and retain breath (period ratio-4)
 - Now reverse the process

Pranavasya Parabramha Rishihi (touch your head)
Paramatha Devatha (touch your heart) Devi Gayathri
Chandhaha (touch your mouth) Pranayame Viniyoga.

प्रणवस्थं परब्रह्मत्रष्णः ॥ परमात्मा देवता ॥ दैवीगायत्री - छन्दः ॥
प्राणायामे विनियोगः ॥

- (i) Om Bhu Om Bhuvaha Om Swaha Om Maha Om Janaha Om Thapaha Om Sathyam (Vyahriti)
 ॐ भूः ॐ भुवः ॐ स्वः ॐ महः ॐ जनः ॐ तपः ॐ सत्यं

(ii) Om Thathsa vithur Varenyam Bargo Devasya Dhimayi Dhiyo Yonaha Prachodhayath. (Gayathri Manthra)

ॐ तत्स वितुवरेण्यं भग्नो देवस्य धीमहि । धियो यो नः प्रचोदयात् ॥

(iii) Omapo Jyothi raso Amritham Brahma Bhurbhuvasvarom (gayathri Siras)

ॐ आपोज्योतिरसोऽमृतं ब्रह्म भुर्भूत्वःस्वरोम् ॥

3. Sankalpam सङ्कल्पः-

Subhe Sobane Muhurthe Aadhye Brahmanaha Dwitiya Parardhe Sri Swetha Varaha Kalpe Vaivaswatha Manvanthare Kaliyuge Prathama Padhe Jambudwipa Bharathavarshe Bharathakande Dhadakaranye Godhvaryaaha Dakshine Parsuve Salivhana Sake Buiddavathare Ramakshethre Asminvarthamane
..... Namasamvathsare Ayane
Rithou Mase Pakshe Thithou
..... Vasare Subha Nakshathre Subha Yoge Subha Karane Yevam Guna Viseshana Visihtayam Subhathithou Bharathi Ramana Mukyaprananthrakatha Savithrunamaka Sri Lakshminarayana Prenaranaya Savithrunamaka Sri Lakshminarayana Preethyartham Prathas Sandhya Upase.

शुभे शोभने मुहूर्ते, आद्य ब्रह्मणः, द्वितीय परार्थे, श्री श्वेत वराह कल्पे, वैवस्वत मन्वन्तरे कलियुगे, प्रथमपादे जम्बूद्वीपे, भारतवर्षे, भरतखण्डे दण्डकारण्ये, गोदावर्याः, दक्षिणे पार्श्वे, शालिवाहन शके, बौद्धावतरे, रामक्षेत्रे अस्मिन् वर्तमाने... नाम संवत्सरे.... अयने.... ऋतौ.... मासे.... पक्षे.... तिथौ.... वासरे शुभ नक्षत्रे शुभ योगे, शुभ करणे, एवं गुण विशेषण विशिष्टायां शुभतिथौ, भारतीरमण मुख्यप्राणान्तर्गत- सवितु नामक श्री लक्ष्मीनारायण प्रेरणया, सवितु नामक, श्री लक्ष्मीनारायण प्रीत्यर्थ, प्रातः सन्ध्यां उपासे ।

Take a little amount of water in your right palm and let it flow to the ground or into the pyala.

4. Marjanam : (Purification)

Take a little amount of water in the uddharani (spoon), as you recite this Mantra perform the following operation.

Dip the middle finger of your right hand in the water in the uddharani and spray a little water over your head seven times, on the eighth time spray over your legs and on the ninth time spray again over your head.

Aapohishtethi Navarchasya Sukthasya Ambarisha Sindhudwipa Rishihi (touch your head) Aapo Devatha (touch your heart) Gayathri Chandhaha (touch your mouth) Marjane Vinayoga.

Om Aapo Hishta Mayo Bhuvala, Thana Urje Dhadhathana. Maheranaya Chakshase, Yovaha Sivathamo Rasaha, Thasya Bajayathe Hanaha Ushathariva Matharaha Thasma Aranga Mamavaha Yasya Kshayaye Jinvatha, Aapo Janayatha Chanaha.

आपोहिष्ठति नवर्चस्य सूक्तस्य अम्बरीष सिन्धुद्वीप ऋषिः आपो देवता .
गायत्री छन्दः । मार्जने विनियोगः ।

ॐ आपोहिष्ठा मयो भुवः । तान ऊर्जे दधातन । महेरणाय चक्षसे । योवः शिवतमो रसः । तस्य भाजयते हनः । उशतीरिव मातरः । तस्मा अरंगमामवः । यस्य क्षयाय जिन्वथ । आपो जनयथाचनः ॥

5. Jalabi Mantranam जलाभिमन्त्रणम्

Take a little quantity of water in the hollow of the right palm, utter the following mantra, and then sip the water.

Suryashchetyasya Mantrasya Hiranya Garba Rishihi surya Manyu Manyupati Ratrayo Devataha. Prakritihi Chandhaha. Jalabi Mantrane Viniyogaha.

Ohm Suryashcha Mamanyuscha Manyu Patayashcha
 Manyu Kritebyaha, Papebyo Rakshantham. Yadratraya
 Papamakarsham. Manasa Vacha Hastabyam. Padbyam udarena
 Shishna, Ratris Tadavalumpatu. Yad kincha Duritam Mayi.
 Idam Aham Mam Amrityonow Surye Jyotishi Juhomi Svaha.
 ॐ सूर्यश्चेत्यस्य मंत्रस्य हिरण्यगर्भऋषिः सूर्यमन्यु मन्युपति
 रात्रयोदेवताः। प्रकृतिः छन्दः। जलाभिमन्त्रणे विनियोगः। ॐ सूर्यश्च
 पापमन्युश्च मन्युपतयश्च मन्युकृतेभ्यः। पापेभ्यो रक्षन्ताम् ॥ यद्रात्रा
 पापमकार्षं। मनसा वाचा हस्ताभ्यां। पद्माभ्यामुदरेण शिश्ना ।
 रात्रिस्तदवलुंपतु। यत्किञ्च दुरितं मयि । इदमहं मामपूतयोनी । सूर्ये
 ज्योतिषि जुहोमि स्वाहा ॥

6. Punarmarjanam पुनर्मर्जनम्

Take water in the uddrani, dip middle finger in water and spray over head uttering the following mantras.

Apohishtethi Navarchasya Suktasya Ambareeshaha
 Sindhu Dvipa Rishihi. Apo Devata. Gayathri Chandha.
 Panchami Vardhamana. Sapthami Prathistha Ante Dve
 Anushtubow. Punar Marjane Viniyogaha.

Om Aapo Hishta Mayo Bhuvaha, Thana Urje
 Dhadhathana. Maheranaya Chakshase, Yovaha Sivathamo
 Rasaha, Thasya Bajayathe Hanaha Ushattheeriva Matharaha
 Thasma Aranga Mamavaha Yasya Kshayaye Jinvatha, Aapo
 Janayatha Chanaha.

आपोहिष्टेति नवर्चस्य सूक्तस्य अंबरीषः सिन्धुद्वीपऋषिः। आपोदेवता ।
 गायत्री छन्दः। पंचमी वधीमाना सप्तमी प्रतिष्ठा अंते द्वे अनुष्ठुभौ। पुनर्
 मार्जने विनियोगः॥
 ॐ आपोहिष्ठा मथो भुवः। तान ऊर्जे दधातन । महेरणाय चक्षसे । योवः
 शिवतमो रसः। तस्य भाजयते हनः। उशतीरिव मातरः। तस्मा

अरंगमामवः। यस्य क्षयाय जिन्वथ । आपो जनयथाचनः॥

Om Samno Devirabhishtaye Aapo Bavantru Bhithaye /
 Samyo Rabisravantu Naha / Eesana Vaaryanam Kshayanthis
 Sarshaninam / Aapo Ya Sami Beshajam / Apsume Somo
 Abraveed / Anthar Viswani Beshajam / Vrutham Thanve
 (thrikambaswaram) Mama / Jyokscha Suryam Druse / Idamapa
 Pravahatha Yadhkincha Dhuritham Mayi / Yadhvaham
 Apiduthroha Yatwa Chepa Udanrutham / Aapo
 Adhyanvashrisham Rasena Samagasmayi / Payaswanagna
 Aagahi Tham Maa Samasruja Varchasa / Sasrushihi Tathapaso
 Dhiva Naktham Cha Sasrushihi Varenlya Krathu Rahama Devi
 Ravase Huve /

ॐ शत्रो देवीभिष्ठये आपो भवन्तु पीतये । शंयोरभिष्ववंतुनः । ईशानं
 वार्याणां क्षयंतीश्चर्चवणीनृन् । अपोयाचामि भेषजम् । अप्सुमे सोमो
 अब्रवीत् । अन्तर्विश्वानि भेषजं । (अग्निं च विश्वशंभुवं) (आपः पृणीत
 भेषजम्) वस्तु तन्वे मम । ज्योक् च सूर्यै दृशे ॥ इदमापः प्रवहत
 यत्किञ्च दुरितं मयि । यद्वाहमभिद्रोह यद्वा शेष उतानृतम् । आपो
 अद्यान्वशारिं रसेन समगस्महि । पयस्वानग्र आगहि तं मा संसृज
 वर्चसा । समृषीस्तदपसो दिवा नक्तं च समृषी । वरेण्यक्रतू रहमा देवी
 रवसे हुवे ।

Smell the balance water in the udharani

Rithamchethi Tricasya Sukthasya Madhu Chandaso
 Agamarshana Rishihi (touch your head) Bavavrudhi Devatha
 (touch your heart) Anushtapa Chandaha (touch your mouth)
 Papa Purusha Visarjane Viniyogaha.

ऋतं चेति तु चस्य सूक्तस्य मधु छन्दसो अधमर्षण ऋषिः, भाववृत्तिं
 देवता, अनुष्ठृ छन्दः, पापपुरुषविसर्जने विनियोगः।

Om Rithamcha Sathyam Cha Bithath Thapaso

Thyajayatha / Thatho Rathryajayatha / Thatas Samudroi
 Arnavaha / Samudhrath Arnavath Athi / Samvath Saro
 Ajayatha / Ahorathrani Vidhadhath / Vishvasya Mishatho
 Vachi / Surya Chandramasou Dhatha / Yathapurva
 Makalpayath / Dhvamicha Prathivim Cha / Anthariksha Matho
 Swha .

ओं ऋतं च सत्यं चाभीद्वा तपसोऽध्यजायत । ततो रात्र्यजायत । ततः
 समुद्रो अर्णवः ॥ समुद्रादर्णवादधिसंवत्सरो अजायत । अहोरात्राणि
 विद्यद्विश्वस्य मिष्टोवशी । सूर्याचन्द्रमसो धाता यथा पूर्वं अकल्पयत् ।
 दिवं च पृथिवीं च अन्तरिक्षमयोस्त्वः ॥

The water in the udharani should be poured on your left side.

Do Aachamanam (as in Para 1)

7: Argyapradhanam:

Do Pranayaman (as in Para 2)

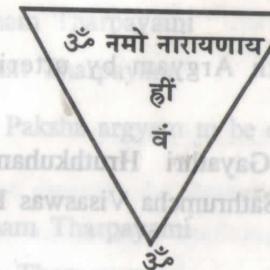
Adhya Poorvoktha Evam Guna Viseshana Visishtayam
 Subathithou Bharathi Ramana Mukya Prananthrakatha
 Savithrunamaka Sri Lakshmi Narayana Preranaya
 Savithrunamaka Sri Lakshmi Narayana Prethyartham Prathas
 Sandhya Argyapradhanam Karishye:

अद्यपूर्वोक्तं एवंगुणविशेषणं विशिष्टायां शुभतिथौ भारतीयमण मुख्य-
 प्राणान्तर्गतं सवितृनामकं श्री लक्ष्मीनारायणं प्रेरणया सवितृनामकं
 श्री लक्ष्मी नारायणं प्रीत्यर्थं प्रातः संध्या अर्ध्यप्रदानं करिष्ये ।

With your little finger draw an Yantra or diagram as in figure below in the water, take water into the joined palms of both your hands, holdings your hands directly on line with the centre of your eyebrows, stand up erect and pour down

the water in the hands gently uttering the Gayathri Manthram as under.

भूवः



First Argyam

Om Bhurbhuvassuvaḥ / Thathsavithur Varenyam /
 Bargo Devasya Devasya Dhimahi / Dhiyo Yonaha
 Prachodhayath /

ओं भूर्भुवस्वः तत्सवितुवरीण्यं, भग्नोदेवस्य धीमहि, धियो यो नः
 प्रचोदयात् ।

Prathichakswa Vasishta Indra Somau Anushtupa Punar
 Argyadhikaarthe Aathma Samrakshanarthe Jape Vinayoga.
 प्रतिचक्ष्व वसिष्ठ इन्द्रसोमौ अनुष्टुप् पुनर् अद्याधिकारार्थे आत्म
 संरक्षणार्थे जपे विनियोगः

Prathichakshwa Visakswendrascha / Soma Jagrutham /
 Rakshobhyo Vadhamasyatham / Achanim Yathu Madhbya /
 प्रतिचक्ष्व विचक्ष्वेन्द्रश्च, सोम जागृतं रक्षोभ्यो वधमस्य तमशनिं यातु
 मद्भ्यः

Now offer 2nd and 3rd Argyam uttering Gayathri
 Manthram as above.

In case you missed the correct time for doing Sandhya
 Vandhanam perform an additional (i.e. 4th) Argyam

Prathas Sandhya Kaladhikrama Doshan
 Prayaschithartham Chathurtha Argya Pradhanam Karishye^४
 प्रातः सन्ध्या कालातिक्रम दोष प्रायश्चित्तार्थं चतुर्थं अर्ध्यं प्रदानं
 करिष्ये।

Perform the 4th Argyam by uttering the Gayathri Mantra.

Hridhyasthathu Gayathri Hruthkuhamukha Nissrutha /
 Hathwa Hayadhithya Sathrumcha Visaswas Hridhyam Mama /
 Pray to Gayathri

हृदयस्था तु गायत्री ह्रुहामुख निस्सृता । हत्वा ह्यादित्यं शत्रूंश्च विशस्व
 हृद्यं मम ॥

Asow Aadhithyo Brahma (spray water around as you go round and then sit down)

असावादित्यो ब्रह्मा ।

8. Deva (Kesavadhi) Tharpanam:

Take water with the udharani and offer argyam through the right hand four fingers other than the thumb.

In Sukla Paksha argyam to be offered to the following Devathas.

- i. Kesavam Tharpayami केशवं तर्पयामि
- ii. Narayanam Tharpayami नारायणं तर्पयामि
- iii. Madhavam Tharpayami माधवं तर्पयामि
- iv. Govindam Tharpayami गोविन्दं तर्पयामि
- v. Vishnum Tharpayami विष्णुं तर्पयामि
- vi. Madhusudhanam Tharpayami मधुसूदनं तर्पयामि
- vii. Thrikramam Tharpayami त्रिविक्रमं तर्पयामि

- viii. Vamanam Tharpayami वामनं तर्पयामि
- ix. Sridharam Tharpayami श्रीधरं तर्पयामि
- x. Hrishikesam Tharpayami हृषीकेशं तर्पयामि
- xi. Padmanabham Tharpayami पद्मनाभं तर्पयामि
- xiii. Damodharam Tharpayami दामोदरं तर्पयामि

In Krishna Paksha argyam to be offered to the following Devathas.

- i. Sankarshanam Tharpayami सङ्कर्षणं तर्पयामि
- ii. Vasudevam Tharpayami वासुदेवं तर्पयामि
- iii. Pradhyumnam Tharpayami प्रद्युम्नं तर्पयामि
- iv. Aniruddham Tharpayami अनिरुद्धं तर्पयामि
- v. Purushothaman Tharpayami पुरुषोत्तमं तर्पयामि
- vi. Adhokshajam Tharpayami अथोक्षजं तर्पयामि
- vii. Naarasimham Tharpayami नारसिंहं तर्पयामि
- viii. Achutham Tharpayami अच्युतं तर्पयामि
- ix. Janardhanam Tharpayami जनार्दनं तर्पयामि
- x. Upendram Tharpayami उपेंद्रं तर्पयामि
- xi. Harim Tharpayami हरिं तर्पयामि
- xii. Sri Krishnam Tharpayami श्री कृष्णं तर्पयामि

Then Argyam to the Navagrahas should be offered (To be omitted on Ekadasi days)

- i. Aadithyam Tharpayami आदित्यं तर्पयामि
- ii. Somam Tharpayami सोमं तर्पयामि
- iii. Angarakam Tharpayami अङ्गारकं तर्पयामि
- iv. Budham Tharpayami बुधं तर्पयामि
- v. Gurum Tharpayami गुरुं तर्पयामि

- vi. Sukram Tharpayami शुक्रं तर्पयामि
- vii. Sanim Tharpayami शनिं तर्पयामि
- viii. Rahum Tharpayami राहुं तर्पयामि
- ix. Kethum Tharpayami केतुं तर्पयामि
- Do Aachamanam (as in para 1)

9. BHOOOTHOCHADANAM :

Apasarpanthu Ithyasya Manthrasya Vamadeva Rishihi (touch your head) Bhoothani Devathaha (touch your heart) Anushtupa Chandhaha (touch your mouth) Bhoothochadane Viniyoghha:

Apasarpanthu Ye Bhoothaha / Ye Bhoothaha Bhuvisamsthithaha / Ye Bhoothaha Vignakartharaha / Thhey Nasyanthu Sivagnyaha / Apakramanthu Ye Bhoothaha / Kruras Chaivathu Rakshasaha / Ye Chathra Nivasanthyeva / Devatha Bhuvi Santhatham / Theshamapi Avirodhena / Bramha Karma Samarabe /

अपसर्पन्तु इत्यस्य मन्त्रस्य वामदेव ऋषिः, भूतानि देवता, अनुष्टुप् छन्दः, भूतोच्चाटने विनियोगः। अपसर्पन्तु ये भूता, ये भूता भुवि संस्थिताः, ये भूता विघ्नकर्ताः, ते नश्यन्तु शिवाज्ञया, अपक्रामन्तु ये भूताः, क्रूरारश्चैव तु राक्षसाः, ये चात्रनिवसन्त्येव, देवता भुविसंततं, तेषामपि अविरोधेन, ब्रह्मकर्म समाख्ये॥

Snap your fingers on your left side to drive away spirits.

10. AASANAM :

Prathivi Manthrasya Meruprushta Rishiha (touch your head) Koormo Devathah (touch your heart)

12 Suthalam Chandhaha (touch your mouth) Aasane Viniyoga:

Prathivi Thwaya Dhrutha Lokaha / Devithwam Vishnu Na Dhrutha / Thwam Cha Dharaya mam Devi Pavithram Kiruchasanam / Mam Cha Phootham Kuru Dhare Nathosmi Thwam Sureswari / Aasane Soma Mandale Koormas Kandhe Upavishtosmi / Om Bhurbuvashwarom Anathasanaya Namaha /

पृतिवी मन्त्ररस्य मेरुष्टुष्ट्रऋषिः । कूर्मो देवता । सुतलं छन्दः । आसने विनियोगः ॥ ॐ पृथिव त्वया धृता लोकाः देवि त्वं विष्णुना धृता । त्वं च धारय मां देवि पवित्रं कुरु चासनम् ॥ मां च पूर्तं कुरु धरे नतोऽस्मि त्वां सुरेश्वरि । आसने सोममण्डले कूर्मस्यन्धे उपविष्टोऽस्मि ॥ ॐ शू भूवस्वरों अनन्तासनाय नमः ॥ प्राणायामः ॥

11. ANGANNYASAM

(Pictorial detail in Yajur Veda Pratha Sandhya Vandhanam)

Do Pranayamam

Thathsavithu – Angushtabhyam Namaha

ॐ तत्सवितुः अंगुष्ठाभ्यां नमः ।

Rub your fore fingers against the back of your thumb (Both Hands)

Varenayam – Tharjaneebhyam Namaha

वरेण्यं तर्जनीभ्यां नमः ।

Rub thumb against front of fore finger (Both Hands)

Bargodevasya – Madhyayamabhyam Namaha

भर्गो देवस्य मध्यमाभ्यां नमः ।

Rub thumb against front of middle finger (Both Hands)

Dhimayi – Anamikabhyam Namaha

धीमहि अनामिकाभ्यां नमः ।

Rub thumb against front of ring finger (Both Hands)

Dhiyo Yonaha – Kanishtakabhyam Namaha

धियो यो नः कनिष्ठिकाभ्यां नमः ।

Rub thumb against front of little finger (Both Hands)

Prachodhayath – Karathala Karaprashtabhyam Namaha

प्रचोदयात् करतलकरपृष्ठाभ्यां नमः ।

Rub each hand against opposite elbow to wrist

Thathsavithu – Hridhayaya Namaha

ॐ तत्सवितुः हृदयाय नमः ।

Touch heart with right hand

Varenyam – Sirase Swaha

वरेण्यं शिरसे स्वाहा ।

Touch head with right hand

Bargodevasya – Sikayei Vaushata

भर्गो देवस्य शिखायै वौषट् ।

Touch tuft with right hand and snap your fingers

Dhimayi – Kavachaya Hum

धीमहि कवचाय हुं ।

Fold hands against each other.

Dhiyo Yonaha – Nethrabhyam Vaushata

धियो यो नः नेत्राभ्यां वौषट् ।

Touch eyes with right hand and snap fingers.

Prachodhayath – Asthrayapat

प्रचोदयात् अस्त्राय फट् ।

Snap your fingers

Bhurbhuvaswarom – Ithidhik Bandhaha

ॐ भूर्भुवःस्वरोः इति दिग्बन्धः ॥

Snap fingers with fore finger aloft around your head.

12. GAYATHRI JAPAM :

Aagacha Varade Devi Jape Me sannidhou Bhava /
Gayantham Thrayase Yasmath Gayathri Thwam Thatas
Smrutha /

Asya Sri Gayathri Manthrasya Viswamithra Rishihi
(touch your head) Savitha Devatha (touch your heart) Gayathri
Chandhaha (touch your mouth) Jape viniyoga:/

आगच्छवरदे देवि, जपे मे सन्निधी भव । गायत्नं त्रायसे यस्मात् गायत्री
त्वं ततः स्मृता । अस्य श्री गायत्री मन्त्रस्य विश्वामित्र ऋषिः, सविता
देवता, गायत्री छन्दः, जपे विनियोगः ॥

12a. DHYANAM

Dyeyas Sadha Savithru Mandala madhyavarthee /
Narayanas Sarasijasanasannivishtaha / Keyuravan
Makarakundalavan Kiriti Haari Hiranmaya Vapuhu Dhrutha
Sanka Chakraha / Prodhyath Aadithyavarnascha Suryamandala
Madhyakaha Chakra Sanka Dharongastha Dhordhvayo
Dyeyevach /

Rakthovarnaha Agnir Mukam (touch your mouth)
Brahma Siraha (touch your head) Vishnu Hridhayam (touch
your heart) Rudra Lalatam (touch your forehead) Pruthivi
Kukshihi Thrailokyam Saranaha Pranopana Vyanodhana
Samana Aprana Sankyanasam Gothram Gayathri Savithri
Saraswathi Chathurvimchathyaksharaha Thripathaha
Shadkukshihi Panchsirsha Upanayane Vinyoga:

ध्येयस्सदा सवितृमण्डल मध्यवर्ती, नारायणसरसिजासन सन्निविष्टः,
केयरवान् मकरकुण्डलवान् किरीटि हारि हिरण्मय वपुः धृतशङ्खचक्रः ।
प्रोद्यत् आदित्य वर्णश्च सूर्यमण्डलमध्यगः चक्रशङ्ख धरोऽस्थ दोद्ययो
ध्येय एव च ।

रक्तोर्वर्णः, अग्निर्मुखम्, ब्रह्मा शिरः, विष्णुर्हृदयं, रुद्रललाटं, पृथिवी

कुक्षिः, ब्रैलोक्यं चरणाः, प्राणापान व्यानोदान समान सप्राण
सांख्यानसं गोत्रं, गायत्री सावित्री सरस्वती चतुर्विंशत्यक्षरा
त्रिपदाषट्कुक्षिः पञ्चशीर्ष उपनयने विनियोगः ।

Savithru Namaka Sri Lakshmi Narayana Preranaya
Savithru Namaka Sri Lakshmi Narayana Preethyartham Yatha
Sakthi Pratha Sandhya Gayathri Manthra Japam Karishye /
सवित्रू नामक श्रीलक्ष्मीनारायण प्रेरण्या सवित्रू नामख
श्रीलक्ष्मीनारायण प्रीत्यर्थं यथा शक्ति प्रात सन्ध्या गायत्री मन्त्र जपं
करिष्ये ।

Do meditation on Gayathri mantram 108 times or atleast 30 times.

Om Bhrubhuyasyha Thathsavithur Vareniyam / Bhargo
Devasya Dhimayi / Dhiyo Yo Naha Prachodayath
ओं भूर्भुवस्वः तत्सवितुवरेणियं । भर्गो देवस्य धीमहि । धियो योः
प्रचोदयात् ।

13. ANGANYASA : (Do as in para 11 again)

Asya Sri Gayathri manthrasya Viswamithra Rishihi (touch your head) Savithra Devatha (touch your heart) Gayathri Chandaha (touch your mouth) Jape Upasamhare Viniyoga:
अस्य श्री गायत्री मन्त्रस्य विश्वामित्र ऋषिः सवितादेवता, गायत्री
छन्दः, जप उपसंहारे विनियोगः ।

Now repeat the Dhyana Mantra as in 12a

Savithru Namaka Sri Lakshmi Narayan Preranaya
Savithru Namaka Sri Lakshmi Narayana Preethyartham Yatha
Sakthi Pratha Sandhya Gayathri manthra Japa Sampoornam /
सवित्रू नामक श्री लक्ष्मी नारायण प्रेरण्या सवित्रू नामक श्री
लक्ष्मीनारायण प्रीत्यर्थं यथाशक्ति प्रातः सन्ध्या गायत्री मन्त्र जपं
संपूर्णम् ।

14. UPASTHANAM (Stand up facing East)

Jathavedase Ithyasya Manthrasya Kasyapa Rishihi (touch your head) Durga Jathavedagni: Devatha (touch your heart) Thrishtupa Chandaha (touch your mouth) Sandhya Upasthane Viniyoga :

Om Jathavedase Sunavam Somamaha Araathiyatho Nidhahathi Vedaha / Sa Naha Parshadh Athi Durgani Viswa / Naavela Sindhum Dhurithatyagni (Thachamayo: Samyur Viswe Devathaha Sakvari / Upasthane Viniyogaha) Thachamyo Ravrunimahe: Gathum Yagnyaya Gathum Yagnyapathaye / Deivi Swasthirasthu Na: / Swasthir Maanu Kshebhya: / Urdhvam Jigathu Beshajam / Sam No Asthu Dwipatthe Sam Chathushpathe /

जातवेदसे इत्यस्य मन्त्रस्य कश्यपऋषिः, दुर्गा जात अभिर्देवता, त्रिष्टुप् छन्दः सन्ध्या उपस्थाने विनियोगः । ॐ जातवेदसे सुनवाम सोमं, अरातीयतो निदहस्ति वेदः । सनः पर्षदिदुर्गाणि विश्वा नावेत सिन्धुं दुरितात्यग्निः । तच्छंयोः संयुर्विश्वे देवताः शक्तिः, उपस्थाने विनियोगः । तच्छंयोरावृणीमहे गातुं यज्ञाय, गातुं यज्ञपतये, दैवी स्वस्तिरस्तु नः स्वस्तिर्मानुषेभ्यः, ऊर्ध्वजि गातु भेषजं, शं नो अस्तु द्विपदे शं चतुष्पदे ।

15. PRADHIKSHANAM :

Om Namo Brahmane Ithyasya Prajapathihi Viswedeveha Jagathi Pradhakshane Viniyogaha

Om Namo Brahmane / Namost Vagnaye / Namaha Prithivyay Namaha / Oushadheebya: Namo Vache Namo Vachespathaye / Namo Vishnave Mahathe Karomi (Do pradhakshinam three times)

ओं नमो ब्रह्मणे इत्यस्य प्रजापतिः विवेदेवाः जगत्प्रदक्षिणे विनियोगः । ओं नमो ब्रह्मणे नमोस्त्वग्नये, नमः पृथिव्यै, नमः ओषधीभ्यः, नमो वाचे नमो वाचस्पतये, नमो विष्णवे, महते करोमि ॥

Namaha Praschey Dhisey Yascha Devetha Yethasyam Prathivasanthi Ethabyascha namo namaha

नमः प्राच्यै दिशे याश्च देवता: एतस्यां प्रतिवसन्ति एताभ्यश्च नमो
नमः ।

Pray to the Eastern direction (Presiding Deity - Indra)

ii. Namaha Dakshinaya Dhisey yascha Devatha Yethasyam
Prathivasanthi Ethabyascha Namo Namaha

नमः दक्षिणायै दिशे याश्च देवता: एतस्यां प्रतिवसन्ति एताभ्यश्च नमो
नमः ।

Pray to Southern direction (Presiding Deity - Yama)

iii. Namaha Predeechay Dhisey Yascha Devatha Yethasyam
Prathivasanthi Ethabyascha Namo Namaha

नमः प्रतीच्यै दिशे याश्च देवता: एतस्यां प्रति वसन्ति एताभ्यश्च नमो
नमः ।

Pray to the Western direction (Presiding Deity Varuna)

iv. Namaha Udheechev Dhisey Yascha Devatha Yethasyam
Prathivasanthi Ethabyascha Namo Namaha

नमः उदीच्यै दिशे याश्च देवता: एतस्यां प्रतिवसन्ति एताभ्यश्च नमो
नमः ।

Pray to the Northern direction (Presiding Deity - Kubera)

v. Namaha Oordhvayay Dhisey yascha Devatha Yethasyam
Prathivasanthi Ethabyascha Namo Namaha

नमः ऊर्ध्वायै दिशे याश्च देवता: एतस्यां प्रतिवसन्ति एताभ्यश्च नमो
नमः ।

Pray to the upper direction (skies) (Presiding Deity - Garuda)

vi. Namaha Adharaya Dhisey Yascha Devatha Yethasyam
Prathivasanthi Ethabyascha Namo Namaha

नमः अधरायै दिशे याश्च देवता: एतस्यां प्रतिवसन्ति एताभ्यश्च नमो
नमः ।

Pray to the Nether direction (Lower regions) (Presiding Deity - Sesha)

vii. Namaha Avaantharay Dhisey Yascha Devatha Yethasyam
Prathivasanthi Ethabyascha Namo namaha
नमः अवांतरायै दिशे याश्च देवता: एतस्यां प्रतिवसन्ति एताभ्यश्च नमो
नमः ।

Pray to the Middle direction (Other Deities)

Sandhyayei Namaha / Savithriyei Namaha / Gayathriyei
Namaha / Sarawathayei Namaha / Sarvabhyo Devathabhyo
namaha / Rishibhyo Namaha / Gurubhyo Namaha /
Aacharyebhyo Namaha / Mathrubho Namaha Pithrubhyo
namaha / Kamokarishith Manyukarishith Namo Namaha /

संध्यायै नमः । सवित्र्यै नमः । गायत्र्यै नमः । सरस्वत्यै नमः । सर्वाभ्यो
देवताभ्यो नमः । ऋषिभ्यो नमः । गुरुभ्यो नमः । आचार्येभ्यो नमः,
मातृभ्यो नमः, पितृभ्यो नमः कामोऽकार्षीन्मन्त्रुराकार्षीन् नमो नमः ॥

16. Yam Sadha Sarva Bhoothani Sthavarani Charani Cha /
Sayam Prathar Namasandhi Sama Sandhya
Abhirakshathu / Sri Sama Sandhya Abhirakshathwom
Namo Namaha /
यां सदा सर्वभूतानि स्थावराणि चराणि च । सायं प्रातर्नमस्यन्ति सा मा
संध्याभिरक्षतु ॥ श्री सामा संध्याभिरक्षत्वो नमः ।

17. Brahmanyo Devakiputhro Brahmanyo Madhusudhana:/
Brahmanyo Pundarikaksho Brahmanyo Vishnurachyutha:
Namo Brahmanyā Devaya Go Brahmana Hithayacha /
Jagath Hithaya Krishnaya Govindaya Namo namaha:/
ब्रह्मण्यो देवकीपुत्रो ब्रह्मण्यो मध्यसूदनः ॥ ब्रह्मण्यः पुण्डरीकाक्षो ब्रह्मण्यो
विष्णुरच्युतः । नमो ब्रह्मण्य देवाय गो ब्राह्मण हिताय च । जगद्विताय
कृष्णाय गोविंदाय नमो नमः ।

18. Ksheerena Snapithe Devi Chandanena Vilepithe / Bilva
Pathrakschithe Devi Durgeaham Saranagathaha Sri

- Durgeaham Saranagatha Om Namo Namaha /
 क्षीरेण स्नापिते देवी चन्दनेन विलेपिते ॥ बिल्वपत्रार्चिते देवि दुर्गेऽहं
 शरणागतः । श्री दुर्गेऽहं शरणागत औं नमो नमः ॥
19. Aakasath Pathitham Thoyam yatha Gachchathi Sagaram /
 Sarva Deva namaskaraha Kesavam Prathigachchathi / Sri
 kesavam Prathigachchathvom namo Namaha /
 आकाशात् पतितं तोयं यथा गच्छति सागरम् । सर्वदेव नमस्कारः केशवं
 प्रतिगच्छति ॥ श्रीकेशवं प्रतिगच्छत्वो नमो नमः ।
20. Uthame Sikare Jathe Bhoomyam Parvatha Moordhani /
 Brahmayebhyo Abhyanugnyatha Gachcha Devi yatha
 Sukam / Sri Gachcha Devi Yathasukam Om Namo
 Namaha /
 उत्तमे शिखरे जाते भूम्यां पर्वतमूर्धनि ॥ ब्राह्मणेभ्योऽभ्यनुजाता गच्छ
 देवि यथा सुखम् । श्री गच्छ देवि यथा सुखम् औं नमो नमः ।
21. Sarvavedeshu yathpunyam Sarvathirththesu Yath palam /
 tath palam Samavapnothi Sthuthwa Devam
 Janardhanam //
 सर्ववेदेषु यत्पुण्यं सर्वतीर्थेषु यत्कलम् । तत्कलं समवाप्नोति स्मृत्वा देवं
 जनार्दनम् ॥
22. Vaasanath Vasudevāsyaha / Vasitham They Jagath
 Thrayam / Sarvabhotha Nivasosi Vasudeva
 namoshtuthhe /
 वासनाद् वासुदेवस्य वासितं ते जगत्रयम् ॥ सर्वभूतनिवासोऽसि
 श्रीवासुदेव नमोऽस्तु ते ।
23. Namosthvnhathaya Sahasramurthye Sahasra padhakshi
 Sirorubahave / Sahasra namne Purushaya Sasvathe
 Sahasra Koti Yuga Dharine Namaha /
 नमोऽस्त्वनंताय सहस्रमूर्तये सहस्रपादाक्षि शिरोरुबाहवे । सहस्रनामे
 पुरुषाय शाश्वते सहस्रकोटि युगधारिणे नमः ॥

24. Om Shanti; Shanthi; Shanthi; (Touch your two ears with
 your two hands)
- Sarvarishta Shanthirasthu / Samastha
 Mangalaavapthirasthu /
- ॐ शांतिः शांतिः शांतिः ॥ सर्वारिष्टशांतिरस्तु ।
 समस्तमङ्गलावामिरस्तु ॥
- 25. ABHIVADHANAM:**
- Chathusagara Paryantham Go Brahmanebhya: Subham
 Bhavathu..... Pravaranyidha Gothra: Aasvalayana
 Suthraha Sarma Ahambho Abhivadhye (Do Namaskarm
 and sit down)
- चतुःसागरपर्यन्तं गोब्राह्मणेभ्यः शुभं भवतु – प्रवरान्वित- गोत्रोत्पन्नः
 आश्वलायनसूत्रः— शर्मा अहं भो अभिवादये ।
- 26. SAMARPANAM:**
- Yasya Smrithyacha Naamokthya Thapas Sandhya
 Kriyathishu / Nyunam Sampoornatham Yathi Sathyo Vande
 Tham Achyutham / Manthraheenam Kriya Heenam Bakthi
 Heenam Ramapathe Yadkruthamthu Maya Deva Paripoornam
 Thathtasthu Mey / Anena Prathas Sandhya Vandnena
 Bhagavan Sriman Madhwacharyanam Hrithkamala
 Madhyanivasi Ananthakalyana Gunaparipoorna Ksheerabdisayi
 Nirdosha Gnyananadathma Vishnurme Swami Bharathi Ramana
 Mukya Pranathrukatha Savithru Namaka Sri Lakshmi Narayana
 Priyatham / Sup. itho Varadho Bhavathu Sri
 Krishnarpanamasthu //

यस्य स्मृत्वा च नामोक्त्या तपःसन्ध्याक्रियादिषु, न्यूनं संपूर्णतां याति
 सद्यो वन्दे तं अच्युतम् । मन्त्रहीनं क्रियाहीनं भक्तिहीनं रमापते, यत्कृतं
 तु मया देव परिपूर्णं तदस्तु मे, अनेन प्रातः संध्यावन्दनेन भगवान्
 श्रीमन्मध्वाचार्याणां हृत्कमलमध्यनिवासी अनन्तकल्याणगुणपरिपूर्ण

क्षीराब्धिशायी निर्दोष ज्ञानानन्दात्मा विष्णुर्मे स्वामी भारती रमण मुख्य
प्राणान्तर्गत सवितृनामक श्री लक्ष्मी नारायणः प्रीयताम् सुप्रीतोवरदो
भवतु श्री कृष्णाणमस्तु ॥

Do Achamanam twice. (as in para 1)

27. JAPASTHALA PROKSHANAM:

Adhyona Ithi Manthrasya Chyavasvaha Aathreya Savitha
Gayathri Japasthala Prokshane Viniyoga:

**Adhyano Deva Savithaha / Prajavathsavis Sowbakam /
Para Dhush Swapneeyam Suva / Viswani Deva Savitha /
Dhurithani Parasuva Yadbadram thanma Aasuva / Subham
(Sprinkle water on the seat and touch your heart)**

अद्यान इति मन्त्रस्य श्यावाश्वः आत्रेयः सवितागायत्री जपस्थलग्रोक्षणे
विनियोगः । अद्यानोदेवसवितः प्रजावत्सावीस्सौभगं परा दुःस्वन्मेयं
सुवा, विश्वानि देव सविता, दुरितानि परासुव यद्द्रं तन्न आसुव ॥
शब्दम् ॥

RIG VEDA SANDHYA VANDHANAM

MADHYANIKA SANDHYA

1. Do Aachamanam (as in para-1 of Pratha Sandhya)
 2. Do Pranayamam (as in para-2 of Pratha Sandhya)
 3. **SANKALPAM** : As in Para -3 of Pratha Sandhya but in the last line substitute “MADHYANIKA SANDHYAM UPASE” in place of Pratha Sandhya Upase.
 4. **MARJANAM**: (As in para-4 of Pratha Sandhya)
 5. **APAAMPRAASANAM** :

Take water in the hollow of your palm and sip it after purifying it with the following Mantra

Aapaha Punanthu Ithyasya manthrasya bootha Namaka
Narayana Rishihi (touch your head) Aapo Devatha (touch your
heart) Ashti Chandhaha (touch your mouth) Apaam Prasane
Viniyoga

Om Aapaha Punanthu Prithivim Prithivi Phootha
Punathumam / Punantu Brahmanaspathi Brahma Phootha
Punathumam / Yathuchishta Mabhojyam Yadhwa
Dhuscharitham Mama / Sarvam Punanthumam Aapo
Asathancha Prathgrahyam Swaha:

आपः पुनन्तु इत्यस्य मन्त्रस्य भूतानामक नारायण त्रहिः, आपोदेवता,
अष्टी छन्दः, अपां प्राशने विनियोगः । औं आपः पुनन्तु पृथिवीं,
पृथिवीं पूता पुनातु मां । पुनन्तु ब्रह्मणस्पति ब्रह्म पूता पुनातु माम् ॥
यदुच्छिष्ठमभोज्यं यद्वा दुश्चरितं मम । सर्वं पुनन्तु मामापोऽसतां च
प्रतिग्रहं स्वाहा ॥

- 6. PUNAR MARJANAM: (Do as in para-6 of Pratha Sandhya)**

7. ARGYAPRADHANAM:

Do Pranayamam (as in para-2 of Pratha Sandhya – Substitute “MADHYANIKA SANDHYA ARGYA PRADHANAM KARISHYE” in place of Prathas Sandhya Argya Pradhanam Karishye in Para 7 of Pratha Savdhyam)

FIRST ARGYAM : Offer first Argyam with the following Mantras

Hamsas Sushisad Ithi Manthrasya Goutham puthro Vamadeva Rishihi (touch your head) Suryo Devatha (touch your heart) Jagathi Chandaha (touch your mouth) Madhyanika Sandhya Argyapradhane Viniyoga:

Para Hamsas Sushisad/ Vasurantha Rikshisad / Hotha Vedhisad / Athithir Dronasad / Nrusad Varasad Rithasad Vyomasad / Apja Goja Rithaja Athrija Ritham /

हंसःशुचिषदिति मन्त्रस्य गौतमपुत्रो वामदेव ऋषिः । सूर्यो देवता ।
जगती छन्दः, माध्याह्निक संध्याध्यंग्रदाने विनियोगः । हंसःशुचिषत् वसुरंतरिक्षसद्बोता वेदिषत् अतिथि दुरोणसत् । नृष्ट्रसत् ऋतसद्वयोम सदब्जा गोजा ऋतजा अद्रिजा ऋतम् ॥

SECOND ARGYAM : Offer second Argyam with the following Mantras

Aakrushnena Hiranyasthupaha Savitha Thrushtapa Madhyanike Argyapradhane Viniyoga

Aakrushnena Rajasa varthamano Nivesayan Amrutham Mardhyancha / Hiranyena Savitha Rathena / Aadevo Yathi Bhuvanani Pasyan/

आकृष्णेन हिरण्यस्तृपः सवितात्रिष्टुप् माध्याह्निक अध्यंग्रदाने विनियोगः आकृष्णेन रजसा वर्तमानो निवेशयन् अमृतं मर्त्यं च, हिरण्ययेन सविता रथेनादेवो याति भुवनानि पश्यन् ॥

THIRD ARGYAM : Offer third Aargyam with the following Gayathri Manthram

Om Bhurbhuvasvaha / Thathsa Vithuvarenyam / Bargodevasya Dhimahi / Dhiyo Yonaha Prochodayath /

ॐ भूर्भुवस्स्वः तत्सवितुवरिण्यं भर्गो देवस्य धीमहि, धियो योनः प्रचोदयात् ।

8. DEVA(KESAVADHI) & NAVAGRAHA THARPANAM: Do as in Para-8 of Pratha Sandhya.

9. UPASTHANAM : Now Stand Up :

Udhutyam Ithi Thriodasarchasya Sukthasya Kanva Puthra Praskanva Rishihi (touch your head) Suryo Devatha (touch your heart) Navadhyha Gayathri Chandhaha Anthyas Chathasraha Anushtubaha (touch your mouth) Upasthane Vinayoga:

Om Udhuthyam Jathvedhasam / Devam Vahanthi Kethavaha / Druse Visvaya Suryam / Apathye Tayavo Yatha / nakshthrayan Thyakthubi: / Suraya Viswa Chakshase / Adhrusra Masya Kethavo / Virasmayo Janam Athu Brajantho Agnayo Yatha / Tharanir Viswadharsatho Jyothishkruthasi Surya / Viswa Mabasi Rochanam / Prathyangdevanam Visha: / Prathyang Udheshi Manushan / Prathyang Viswam Swarthruse /

उदुत्यं इति त्रयोदशर्चस्य सूक्तस्य कण्व पुत्रः प्रस्कण्व ऋषिः सूर्यो देवता, नवाद्या गायत्री छन्दः, अंत्याश्चतस्रोऽनुष्टुभः, उपस्थाने विनियोगः । ओं उदुत्यं जातवेदसं देवं बहन्ति केतवः दृशेविश्वाय सूर्यं, अपत्ये तायतो यथा नक्षत्रायं त्यक्तुभिः, सूराय विश्वचक्षसे, अदृश्यमस्य केतवो, विरशमयो जनां अनु, भ्राजन्तो अग्रयो यथा तरणिर्विश्वदर्शतो, ज्योतिष्कृदसि सूर्यं, विश्वमाभासि रोचनं प्रत्यङ्गदेवानां विशः प्रत्यङ्गुदेषि मानुषान् प्रत्यङ्ग विश्वं स्वर्वृते ॥

Yenapavaka Chakshasa Buranyantham Janam Anu / Thwam Varuna Pasyasi / Vidyameshi Rajas Pruthava Hami Mano Agdhube / Pasyan janmani Surya / Saptha Thwa Haritho Rathe / Vahanthi Devasurya / Sochhiskesam Vichakshana / Ayuktha Saptha Sundhyvas / Suro Rathasya Napthaya /

Thabiryathi / Swayukthibhihi / udhvayam Thamasis Pari /
 Jyothish pasyantha uttharam / Devam Devathra Suryam /
 Agnam Jyothiruththamam / Udhyanthya Mithramaha /
 Aarohannuththaram Divam / Hrithrogam Mama Surya /
 Harimanamcha Nasaya / Sukeshu Me Harimanam /
 Ropanakasu Thathmasi / Atho Haridhraveshu Me / harimanam
 Nidadhmasi / Udhagayatham Aadithyo / Viswena Sahasa Saha /
 Dwishantham Mahyam Randhayan / Mo Aham Dwishatthe
 Radham / Chithram Devanam Ithi /

Shalarcha Chasya Sukthasya (Aangirasaputhraha) Kuthsha
 Rishihi (touch your head) Suryo Devatha (touch your heart)
 Thrushtupa Chandaha (touch your mouth) Suryopasthane
 Vinyogaha:

ये नापावकचक्षसा भुरण्यन्तं जनां अनु, त्वं वरुण पश्यसि,
 विद्यामेविरजस्पृथ्व हामिमानो अकुभिः । पश्यन् जनमानि सूर्य, सप्तत्वा
 हरितो रथे वहन्ति देव सूर्य । शोचिक्षेशं विचक्षण ॥ अयुक्तसप्तशुंध्युवः
 सूरो रथस्य नप्त्यः ताभिर्यांतिस्वयुक्तिभिः ॥ उद्धयं तमसस्परि
 ज्योतिष्यश्यन्त उत्तरं, देवं देवत्रासूर्यमग्नम् ज्योतिरुत्तमम् ॥ उद्यं
 नद्यमित्रमह आरोहन्तुतरां दिवम्, हत्रोगं मम सूर्य हरिमाणं च नाशय ॥
 शुकेषु मे हरिमाणं रोपणाकासुदधमसि, अथो हारिद्रवेषु मे हरिमाणं
 निदधमसि ॥ उदगादयमादित्यो विश्वेन सहसा सह, द्विष्टन्तं महां
 रथ्यन्मो अहं द्विष्टते रथं ॥

Chitram devanam iti, Chalarchasya Suktasya, Aangirasa
 Putra: Kutsa Rishi:, Suryo devatha, Thrustub Chandaha,
 Suryopasthane Vinyogaha Chithram Devanam Mudhak
 Dhanikam Chakshur Mithrasya Varunasyagne: / Aapradhya
 Pruthivi Anthariksham / Surya Aathma Jagathas
 Thasthushascha / Suryo Dev Mushasam Rochamanam /
 Maryona Yoshambiyeti Paschath / Yathra naro Devayantha
 Yugani Vidhanvathe Prathibhadraya Bathram / Bathra Aswa
 Harithas Suryasya Chithra Ethakwa Anumathyasaha /
 Namasyantho Dhiva Aaprushtamasthu / Paridhyava Pruthivi
 yamthi Sathyaha / Thath Suryasya Devathwam / Thanma
 Hithwam / Madhyakarthor Vidhatham Sanjapara / Yathetha

yuktha harithas Sadhasthadhath / Rathri Vasas Thanuthe
 Simasmai// Thanmithrasya Varunasyabhichakshe / Suryo
 Rupam Krunuthe / Dhyorupasthe / Anantha Manytha
 Rushathasya Pajah / Krishnamanyath Harithas Sambaranthi /
 Adhya Deva Udhitha Suryasya / Niram Hasha Piprutha
 Niravadhyath / Thanno Mithro Varuno Mamhantham /
 Athithissindhuhu Pruthivi Udhuthyow//

चित्रं देवानामिति षडर्चस्य सूक्तस्य आङ्गिरस पुत्रः कुत्स ऋषिः, सूर्यो
 देवता त्रिष्टुभृ छन्दः सूर्योपस्थाने विनियोगः ।

चित्रं देवानामुदगादनीकं चक्षुर्मित्रस्य वरुणस्याम्भेः । आप्राद्यावा पृथिवी
 अन्तरिक्षं सूर्यं आत्मा जगतस्तस्थुषेश्च ॥ सूर्यो देवीमुखसं रोचयानां
 मर्योन योषामभ्येति पश्चात् । यत्रानरो देवयन्तो युगानि वितन्वते
 प्रतिभद्राय भद्रम् ॥ भद्रा अश्वा हरितः सूर्यस्य चित्रा एतश्वा
 अनुमांद्यासः । नमस्यन्तो दिवा आपृष्ठमस्थुः परिद्यावा पृथिवीयन्ति
 सद्यः ॥ तत्सूर्यस्य देवत्वं तन्महित्वं मध्याकर्तो विंतततं सञ्जभार ।
 यदेदयुक्तहरितः सधस्थादाद्रात्री वासस्तनुते सिमस्मै ॥ तन्मित्रस्य
 वरुणस्याभिचक्षे सूर्योपस्यरूपं कृषुतेद्योरुपस्थे । अनन्तमन्यद्वुशद पाजः
 कृष्णमन्यद्वरितः संभरन्ति ॥ अद्यादेवा उदिता सूर्यस्य निरंहसः पिपृता
 निरवद्यात् । तन्मो मित्रो वरूणो मामहंतामदितिः सिधुः पृथिवी उत्तद्योः ॥

Naasthyabyham Bharhiriva pravrunje / Savitha
 Paschathath Ithi Manthrasya Dhanaako Luso Viswe Deva
 Jagathi Upasthane Vinyoga:

Om Savitha Paschathat / Savitha Purasthathath / Savitha
 Uththaradhat / Savitha Adharahathat / Savitha nassuvathu
 Savadhatim / Savitha No Rasatham Dhigamayuhu / Om
 Shanthihi Om Shanthihi Om Shanthihi / Sarvarishta
 Shanthirasthu / Samasthamangalavapthirasthu ///

नासत्याभ्यां बर्हिरिव प्रवृज्जे । सविता पश्चात्रात् इति मन्त्रस्य धानाको
 लुशो विश्वे देवाः जगती, उपस्थाने विनियोगः ॥ ऊँ सविता पश्चात्रात्
 सविता पुरस्तात् सवितोत्तरात् सविताधरात् । सवितानः सुवतु
 सर्वतातिं सवितानो रासतां दीर्घमायुः ॥ ओं शान्तिः शान्तिः शान्तिः -
 सर्वारिष्टशान्तिरस्तु-समस्तमङ्गलावास्त्रिरस्तु ।

10. ABHIVADHANAM: "Chathusagara Paryantham...." Do as in para 24 of Pratha Sandhya.
11. BHOOHTOCHANDANAM : Do as in para 9 of Pratha Sandhya
12. AASANAM : Do as in para 10 of Pratha Sandhya
13. ANGANYASAM : Do as in para 11 of Pratha Sandhya
14. GAYATHRI JAPAM : Do as in para 12 of Pratha Sandhya. At the end of Dhyana i.e. Dhyeyes Sadha... etc. substitute Swetho Varnaha in the place of Raktha Varnaha and MADHYANIKA SANDHYA GAYATHRI MANTHRA JAPAM KARISHYE in the place of PRATHA SANDHYA.
15. ANGANYASAM : Do as in para 13 of Pratha Sandhya (after completing 108 Gayathri) Substitute MADHYANIKA SANDHYA as above.
16. SAMARPANAM : Do as in para 25 of Pratha Sandhya Substituting MADHYANIKA SANDHYA in the appropriate place.
17. JAPASTHALA PROKSHANAM : Do as in para 26 of Pratha Sandhya.

RIG VEDA SANDHYAVANDHANAM

SAYAM SANDHYA VANDHANAM

1. AACHAMANAM : Do as in para 1 of Pratha Sandhya.
2. PRANAYAMAMAM : Do as in para 2 of Pratha Sandhya
3. SANKALPAM : Do as in para 3 of Pratha Sandhya.... Substitute SAYAM SANDHYA UPASE in the place of Pratha Sandhya Upase.
4. MARJANAM : Do as in para 4 of Pratha Sandhya.
5. JALPIMANTHRANAM : Take water in the hollow of your right hand and sanctify it by the following mantras and then sip it.

Agnis Chethasya Manthrasya Hiranya Garbha Rishihi (touch your head) Agni manyu Manyupathi Ahani Devatha (touch your heart) Prukrithis Chandhaha (touch your mouth) Jalapi Manthrena Viniyoga.

Om Agnischa Ma manyuscha Manyupathascha
Manyukruthebhyaha / Papebhyo Rakshantham Yadhnaha
Papamakasham / Manasa Vacha Hasthabhyam
Padhbhyam Udharena Sisna / A hastathvalampathu /
Yadh Kincha Dhuritham Mayi / Idhamaham Ma
Amruthayonow / Sathyे Jyothishi Juhomi Swahaha / Do
Aachamanam

अग्निश्चेत्यस्य मन्त्रस्य हिरण्यगर्भऋषिः, अग्निमन्तु मन्त्रुपतयो अहानि
देवता, प्रकृति छन्दः, जलाभिमन्त्रणे विनियोगः । औं अग्निश्च
मामन्तुश्च मन्त्रुपतयश्च मन्त्रुकृतेभ्यः, पापेभ्यो रक्षन्तां, यदह्नात्

- पापमकार्षं मनसा वाचा हस्ताभ्यां पदभ्यां उदरेण शिश्ना
अहस्तदवलुंपतु यत्किंच दुरितं मयि इदमहं माममृतयोनौ सत्ये ज्योतिषि
जुहोमि स्वाहा ॥
6. PUNARMARJANAM : Do as in para 6 of Pratha Sandhya. Do Aachamanam
 7. ARGYAPRADHANAM : Do as in para 7 of Pratha Sandhya: Substitute SAYAM SANDHYA in the place of Pratha Sandhya where ever necessary.
 8. KESAVADHI & NAVAGRAHA THARPANAM : Do as in para 8 of Pratha Sandhya.
 9. BHOOHTHOCHADANAM : Do as in Para 9 of Pratha Sandhya.
 10. AASANAM : Do as in para 10 of Pratha Sandhya.
 11. ANGANYASAM : Do as in para 11 of Pratha Sandhya.
 12. GAYATHRI JAPAM : Do as in para 12 of Pratha Sandhya. Substitute SAYAM SANDHYA in the place of Pratha Sandhya. Do 108 Gayathri.
 13. ANGANYASAM : Do as in para 13 of Pratha Sandhya. Substitute SAYAM SANDHYA in the place of Pratha Sandhya at the appropriate place after Dhyanam.
 14. UPASTHANAM : Do as in para 14 of Pratha Sandhya.
 15. PRADHIKSHANAM : Do as in para 15 of Pratha Sandhya.
 16. Do as in para 16 of Pratha Sandhya.
 17. Do as in para 17 of Pratha Sandhya.

18. Do as in para 18 of Pratha Sandhya.
19. Do as in para 19 of Pratha Sandhya.
20. Do as in para 20 of Pratha Sandhya.
21. Do as in para 21 of Pratha Sandhya.
22. Do as in para 22 of Pratha Sandhya.
23. Do as in para 23 of Pratha Sandhya.
24. Do as in para 24 of Pratha Sandhya.
25. SAMARPANAM : Do as in para 25 of Pratha Sandhya. Substitute SAYAM SANDHYA in the place of Pratha Sandhya in the appropriate place. Do Aachamanam.
26. JAPASTHALA PROKSHANAM : Do as in para 26 of Pratha Sandhya.

BHOJANA MANTHRAM

1) Morning meals (Lunch)

1 Prokshanam:

Take a little water in you right palm, sanctify the water by chanting the Gayathri Manthram and sprinkle the water on the annam (food).

2 Pariseshanam:

Then take water in you riight palm and sprinkle it around leaf or plate chanting the following manthra.

“Sathyam Thwarthena Parisanchayami”

3 सत्यं त्वर्तेन परिषिश्चामि (इति पुनः परिषिच्य)

Place four aahudhis (morsels of food) on the right side of your leaf chanting the following for each aahudhi.

1. Chithraya Namaha चित्राय नमः।
2. Chithra Gupthaya Namaha चित्रगुप्ताय नमः।
3. Yamaya Namaha यमाय नमः।
4. Sarva Bhothebyo Namaha सर्व भूतेभ्यो नमः।

Note:- Some people place only the first two ahudhis.

4

Take a little water in you right palm and sip it uttering the following mantras.

OM Amrutha/ Upastharanan Masi Swaha औं ‘अमृतोपस्तरणमसि’ स्वाहा।

Take a little annam (few grains of cooked rice) and swallow it without the rice touching the teeth chanting each time the following mantras.

1. Om Pranaya Swaha प्राणाय स्वाहा

- | | |
|------------------------|-----------------|
| 2. Om Apanaya Swaha | अपानाय स्वाहा |
| 3. Om Vyanaya Swaha | व्यानाय स्वाहा |
| 4. Om Uduhanaya Swaha | उदानाय स्वाहा |
| 5. Om Samanaya Swaha | समानाय स्वाहा |
| 6. Om Brahmaneya Swaha | ब्रह्मणे स्वाहा |

After the Meals is over before geting up from the leaf do the following.

1. Take a little water in you right palm sip a part of it uttering the following manthra.

“Om Amrutha Aphidhnamasि”

ओं ‘अमृतापिधानमसि’

2. Pour the balance of water in the right palm on the left side of the leaf chanting the following manthra.

“Raurave, Apunya Nilaye, Padhmarbhutha Nivasinam.

Arthinam Udhakam Dhattham Akshayyam
Upathishtathu”

रौरवेऽपुण्यनिलये पद्मार्बुद्दनिवासिनाम्।

अर्थिनामुदकं दत्तम् अक्षव्यमुपतिष्ठतु ॥

II) Night Meals:

1 Prokshanam:

Take a little water in you right palm, sanctify the water by chanting the Gayathri Manthram and sprinkle the water on the annam (food)

2 Pariseshanam:

Then take water in your right palm and sprinkle it around leaf or plate chanting the following manthra.

“Rithamthwa Sathyena Parisanchayami”

ऋतं त्वा सत्येन परिषिश्चामि

3.

Take a little water in your right palm and sip it uttering the following mantras.

OM Amrutha/ Upastharanan Masi Swaha

'अमृतोपस्तरणमसि' (इति आपोशनं कृत्वा)

4.

Take a little annam (few grains of cooked rice) and swallow it without the rice touching the teeth chanting each time the following manthras.

- | | |
|------------------------|-----------------|
| 1. Om Pranaya Swaha | प्राणाय स्वाहा |
| 2. Om Apanaya Swaha | अपानाय स्वाहा |
| 3. Om Vyanaya Swaha | व्यानाय स्वाहा |
| 4. Om Udhanaya Swaha | उदानाय स्वाहा |
| 5. Om Samanaya Swaha | समानाय स्वाहा |
| 6. Om Brahmaneya Swaha | ब्रह्मणे स्वाहा |

5

After the Meals is over before geting up from the leaf do the following.

1. Take a little water in you right palm sip a part of it uttering the following mantra.
2. "Om Amrutha Abhidhnamasi" ॐ अमृतापिधानमसि

Pour the balance of water in the right palm on the left side of the leaf chanting the following mantra.

"Raurave, Apunya Nilaye, Padhmarbhutha Nivasinam

Arthinam Udhakam Dhattham Akshayyam
Upathishtathu"

रौरवेऽपुण्यनिलये पद्मार्बुदनिवासिनाम् ।

अर्थिनामुदकं दत्तम् अक्षय्यमुपतिष्ठतु ॥

YAGNOVAVITHA DHARANA MANTHRAM

1 **Aachamanam**

2 **Pranayamam**

3 **Sankalpam:-**

Subhe sobana muhurthe, aadhya brahmanaha, dwithiyaya pararde, swetha varaha kalpe, vaivasvatha manvanthare, kali yuge, prathama pade, jambudweepe, bharathavarshe, bharatha kande, dandakaranye, godavaryaha, dakshine parsuve, salivhana sake, bhuddavathare, ramashetre, asminvardamane, _____ nama Samvathsare, _____ ayane, _____ rithau, _____ mase, _____ pakshe, _____ thithou, _____ vasare, Subha Nakshathre Subha Yoge Subha Karane Yevam Guna Viseshana Visishtayam Subathiyhou, srowtha smarta Vihitha Sadhachara Nithya karmanushtana yogyatha siddhyartham brahma thejo abhivridhyartham cha yagnopavitha dharanamaham karishye.

शुभे शोधने मुहूर्ते, आद्य ब्रह्मणः, द्वितीय परार्थे, श्री श्वेत वराह कल्पे, वैवस्वत मन्वन्तरे कलियुगे, प्रथमपादे जम्बूद्वीपे, भारतवर्षे, भरतखण्डे दण्डकारण्ये, गोदावर्याः, दक्षिणे पार्श्वे, शालिवाहन शके, बौद्धावतरे, रामक्षेत्रे अस्मिन् वर्तमाने .. नाम संवत्सरे ... अयने .. ऋती ... मासे .. पक्षे ... तिथि ... वासरे शुभ नक्षत्रे शुभ योगे, शुभ करणे, एवं गुण विशेषण विशिष्यायां शुभतिथी,

श्रीतस्मार्त विहित सदाचार नित्यकर्मानुष्ठान योग्यतासिद्ध्यर्थं श्रावणेऽप्तिष्ठानर्थं च यज्ञोपवीतधारणं करिष्ये (इति संकल्प्य)

"Om yagopavitham, Paramam Pavithram, Prajapathe, Yadhsahajaṁ Purasthath Ayushyam Akaryam Prathimunja

Subram, Yagnopavitham Balam Asthu TheJaha."

यज्ञोपवीतं परमं पवित्रं प्रजापतेर्यत् सहजं पुरस्तात् ।

आयुष्यमग्रियं प्रतिमुशं शुभं यज्ञोपवीतं बलमस्तु तेजः ॥

(इति यज्ञोपवीतं धृत्वा; आचम्य)

(Now wear the new sacred thread after chanting the above manthram) Do Aachamaram

Om gayathri vedamathasi suthra rupena thishtasi !
purvasuthra gatham thejaha nuthane sthapayamyaham !

गायत्री वेदमातासि सूत्ररूपेण तिष्ठसि । पूर्वसूत्र गतं तेजो नूतने
स्थापयाम्यहं ॥

(By this mathra you are transferring the spiritual power accumulated in the old sacred thread to the new sacred thread.)

(Chant the following manthra and then remove the old sacred thread.)

Upaveedham binna dhanthum jeernam kachmala
dhooshitham vishrujami jale brahma varchcho
deergayurasthumay.

उपवीतं भिन्नतनुं जीर्णं कश्मलदूषितम् ।

विसृजामि जलेब्रह्म वर्चो दीर्घायुरस्तु मे ॥

"Raurave Apunya Nilaye, Padmarohita Nivaya,
Ardhnam Udhakam Dhattham Alayavam
(एवं रूपं ही) अग्निक उपवीतमिहाऽप्न एवं वृक्षानीयार्थाः
"Om वैदोपवीतं प्रस्तुता प्रस्तुता प्रस्तुता प्रस्तुता

"Om वैदोपवीतं प्रस्तुता प्रस्तुता प्रस्तुता प्रस्तुता

Annexure - I Fortnight

RULES FOR SANDHYAVANDANAM

1. Prathas sandhya and madhyanikam should be performed facing east.

2 Sayam sandhya should be performed facing west.

3 Madhyanikam can be performed along with prathas sandhya if it cannot be performed at noon.

4 Gayathri Manthram:

Gayathri has to be meditated pausing at each of the five syllables. No benefit will accrue if it is meditated without any pause between the syllables and in one continuos running sentence in mechanical and hurried manner.

The five syllables of Gayathri are :

1. Om
2. Bhur Bhuva Swaha
3. Thathsavithur Vareniyam
4. Bargodevasya Dhimayi
5. Dhiyo Yonaha Prachodhayath

Gatathri manthram should be repeated 108 times or at least 28 times. Counting is to be done by consecutively touching with the thumb the lines on the right hand fingers, commencing from the bottom line of ring finger and moving the thumb clockwise and omitting the middle lines of the ring finger and the middle finger.

Annexure - II

RUTHU-MASADHI NIGANDU

In the sankalpa the month, year, day, season, fortnight and solistice have to be given in sanskrit. The details are given below with English equivalents.

I Month

Name of month in sanskrit	English Month
Chaitra	March-April
Vaisaka	April-May
Jeshta	May-June
Aashada	June-July
Shravana	July-August
Bhadrapada	August-September
Aasvayuja (Aasvina)	September-October
Karthika	Oct-November
Margasirsha	Nov-December
Pushya	Dec-January
Magha	Jan-February
Phalguna	Feb- March

II Year

The name of the sixty year cycle of the Hindu-Vedic calender could be found from the panchangam of that year.

III Solistice — Ayana

Uttarayana	Pushya To Jeshta (January to July)
Dakshinayana	Aashada to Margasirsha (July to January)

IV Paksha — Fortnight

Sukala Paksha	14 Days after Amavasya (newwoon)
Krishna Paksha	14 Days after Pournima (full moon)

V Ruthu — Seasons

Vasantha Ruthu	Chitra -Vaisaka (March to May)
Greeshma Ruthu	Jeshta-Aashada (May to July)
Varsha Ruthu	Shravana-Bhadrapada (July to Sept)
Sarad Ruthu	Aasvija-Karthika (Sept to Nov)
Hemantha Ruthu	Margasirsha - Pushya (Nov to Jan)
Sisira Ruthu	Magha-Phalguna (Jan to Mar)

VI Varam Weekdays

Bhanu Vasara	Sunday
Indu Vasara	Monday
Bouma Vasara	Tuesday
Soumya Vasara	Wednesday
Guru Vasara	Thursday
Brighu Vasara	Friday
Sthira Vasara	Saturday

VII Thithis --- Days of the Fortnight

- | | | |
|----------------|-----------------|--------------|
| 1. Prathama | 2. Dwitiya | 3. Thrithiya |
| 4. Chathurthi | 5. Panchami | 6. Shashti |
| 7. Sapthami | 8. Ashtami | 9. Navami |
| 10. Dasami | 11. Ekadasi | 12. Dwadasi |
| 13. Thriyodasi | 14. Chathurdasi | 15. Pournima |
| 16. Prathama | | |

.....Repeat the 14 Days And then 30
Amavasya

Annexure III

GOTHRA-PRAVARA-VEDA SHAKA DETAILS REQUIRED FOR ABHIVADHANAM

Gothram	Pravaram
1. Aathreya	Aathreya-Aarchananasa-Chyavasva
2. Baradhwaja	Aangirasa-Barahaspthy-Baradhwaja
3. Shadamarshana	Aangirasa-Thrasathyasyu-Pourukuthsa
4. Srivathsa Baarghava	Chyavana-Aapnavana-Aurava-Jamadhagneya
5. Vaadhula	Baarghava-Vaidhahavya-Saavedasa
6. Kausika	Vaiswamithra-Aagamarshana-Kausika
7. Vaiswamithra	Vaiswamithra-Daivaratha-Authala
8. Haritha.	Aangirasa-Ambarisha-Yauvanasva
9. Kaundinya	Vasishta-Maithravaruna-Kaundinya
10. A) Naithrupakasyapa	Kasyapa-Aavathsara-Naithruva
B) Rebakasyapa	Kasyapa-Aavathsara-Raiba
C) Kasyapa	Kasyapa-Aavathsara-Thivala
11. Kuthsa	Aangirasa-maandhathra-Kauthsa

- 12. A) Moudhgalya
- B) Moudhgalya
- C) Moudhgalya
- 13. A) Chandilya Kasyapa
- B) Chandilaya
- C) Chandilya
- 14. Aagasthya
- 15. A) kanya
- B) kanya
- 16. Parasara
- 17. A) Gargya
- B) Gargya
- 18. A) Sankruthi
- B) Sankruthi
- 19. Udhuthya
- 20. Gabyangirasa
- 21. Badarayana
- 22. Naunaka
- 23. Salavatha
- Aangirasa-Ambarisha-Moudhgalya
- Aangirasa-Paarmyasva-Moudhgalya
- Aathreya-Aarchananasa-Pourvadhitha
- Aavathsara-Naithruva-Reba-Raivachoundilya
- Kasyapa-Thaivala-Asitha
- Kasyapa-Aavathsara-naithruva-Reba
- Agasthya-Thartachyutha-Saumavaha
- Aangirasa-Ajamida-Kanya
- Aangirasa-Gaura-Kanya
- Vasishta-sakthya-parasarya
- Aangirasa-Gargya-Chinya
- Aangirasa-Barahaspthy-Baradhwaja
- Chainya-Gargeya
- Sadya - Sankruthya - Gauraveedha
- Aangirasa-Sankruthya-Gauraveedha
- Aangirasa-Audhuthya-Gauthama
- Aangirasa-Sankruthya-Gauriveedha
- Aangirasa-Pourukuthsa-Thrasadhasya
- Karthsmatha(Ekarsheya)
- Vaiswamithra-Daivaratha-Authala

24. Vishnuvridha

25. Vaarthasa

26. Lohitha

27. Raadhithra

28. Mounabarghava

29. Aangirasa

30. Upamanyu

31. Kapi

32. Viswamithra

33(A) Vasishta

33(B) Vasishta

34. Saalaksha

35. Gauthama

Aangirasa-Pourukuthsa-
Thrasadasya

Vaarathase (Ekarsheya)

Vaiswamithra-Ashtaka-
Lohitha

Aangirasa-Vairupa-Raadhitra

Barghava-Vaidhahavya-
Savedasa

Aangirasa-Ambarista-
Yauranaswa

Vasishta-Indrapramatha-
Aprathvasvatha

Aangirasa, Amaheeya
Ourukshaya

Viswamithra-Kausika,
Agamarshana

Vaasishta maithravaruna-
Kaundinya

Vaasishta-Indrapramatha,
Aparavasvitha

Viswamithra-Salankayana-
Kausika

A ang i r a s a - A a y a s w a -
Gauthama

VEDA-SUTHRAS

1. Yajur Veda

1. Aapastamba Suthram

2. Bodhayana Suthram

2. Rig Veda

1. Aasvalayana Suthram

2. Kathyanana Suthram

3. Sama Veda

1. Thrahyayani Suthram

2. Ranayani Suthram

NAMA-MUDHRA DHARANA PADDHATHI.

I

Take a little water in your left palm and rub the gopichandana stick in that water with your right hand create a past chanting the following mantras.

"Gopichndana Papagna Vishnu Deha Samudhbhava:
Chakankitha Namasthubhyam Dhaaranan Mukthidho
Bhava:

Aadhyu Mrithsnam Vameha Mula Manthradi
Manthrinam:

Kuryath Dwadasa Pundrani Viprach Chathran Bahijah:

II

Apply the gopichandana paste as namam at twelve places on the body uttering the following mantra.

"Om Namo Narayanaaya"

1. On the forehead in the form of a stout stick or dhandam.
2. On the chest in the form of a lotus.
3. On the following parts of the body in the form of the flame of a lamp.
 - i) On the stomach just over the navel or nabhi.
 - ii) On the two sides of the above namam ie on the two sides of the navel (nabhi) on the stomach.
 - iii) On the neck.
 - iv) Below the two ears
 - v) On the two shoulders
 - vi) On the back
 - vii) On the head.

III

Then apply the Mudhras duly dipped in the gopichandana paste in the left hand.

1. Chakra Mudhra

- i) Make a small hole in the namam on the forehead and apply chakra mudhra thereon.
- ii) On the right side of the forehead.
- iii) On the stomach five chakra mudhras.
- iv) On the chest three chakra mudhras.
- v) On the right side of the chest two mudhras.
- vi) On the right shoulder two chakra mudhras.
- vii) Below the right ear two chakra mudhras.
- viii) On the neck one chakra mudhra.
- ix) On the left shoulder one chakra mudhra.

2 Shanka Mudhra.

- i) On the left side of the forehead one shanka mudhra.
- ii) On the left side two shanka mudhra.
- iii) On the left chest three shanka mudra.
- iv) On the left shoulder two shanka mudhra.
- v) Below the left ear two shanka mudra.
- vi) On the right shoulder one shanka mudhra.

3 Gadha Mudhra

- i) On the forehead one.
- ii) On the left side one.
- iii) On the left chest one.
- iv) On the left shoulder two.

4 Padma Mudhra

- i) On the chest one.
- ii) On the right side two.
- iii) On the right chest one.
- iv) On the right shoulder two.

5 Narayana Mudhra

On all the twelve primary namams the Narayana mudhra has to be applied.



