prāṇāpānau ca vashaṭkāras, ta ete vashaṭkrite-vashaṭkrite vyutkrāmanti. tān anumantrayeta: vāg ojaḥ saha ojo mayi prāṇāpānāv ity, ātmany eva tad dhotā vācaṃ ca prāṇāpānau ca pratishṭhāpayati sarvāyuḥ sarvāyutvāya 10 sarvam āyur eti ya evaṃ veda | 8 | 8 | 8 |

1 Yajūo vai devebhya udakrāmat, tam praishaih praisham aichan, yat praishaih praisham aichans, tat praishānām praishatvam 2 tam purorugbhih prārocayan, yat purorugbhih prārocayans, tat purorucām puroruktvam 3 tam vedyām anvavindan, yad vedyām anvavindans, tad veder veditvam 4 tam vittam grahair vyagrihnata, yad vittam grahair vyagrihnata, tad grahānām grahatvam 5 tam vittvā nividbhir nyavedayan, yad vittvā nividbhir nyavedayans, tan nividām nivittvam 6 mahad vāva nashtaishy abhy alpam vechati, yataro vāva tayor jyāya ivābhīchati sa eva tayoh sādhīya ichati 7 ya u eva praishān varshīyasovarshīyaso veda sa u eva tān sādhīyo veda, nashtaishyam hy etad yat praishās 8 tasmāt prahvas tishthan preshyati || 9 || 2 ||

1 Garbhā vā eta ukthānām yan nividas. tad yat purastād ukthānām prātahsavane dhīyante, tasmāt parānco garbhā dhīyante parāncah sambhavanti 2 yan madhyato madhyamdine dhīyante, tasmān madhye garbhā dhritā 3 yad antatas tritīyasavane dhīyante, tasmād amuto 'rvānco garbhāh prajāyante prajātyai 4 prajāyate prajayā pasubhir ya evam veda 5 peṣā vā eta ukthānām yan nividas. tad yat purastād ukthānām prātaḥsavane dhīyante, yathaiva pravayaṇataḥ peṣaḥ kuryāt tādrik tad. yan madhyato madhyamdine dhīyante, yathaiva madhyataḥ peṣaḥ kuryāt tādrik tad. yad antatas tritīyasavane dhīyante, yathaivāvaprajjanataḥ peṣaḥ kuryāt tādrik tat 6 sarvato yajūasya peṣasā sobhate ya evam veda || 10 || 10 ||