



**Sree Vigneswaraya Namaha**  
**Yajur / RIG VEDA Upakarma 2014**  
**AVANI AVITTAM - August 10th (Sunday)**  
**GAYATHRI JAPAM - August 11th (Monday)**  
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For GRIHASTAL'S the following are the rituals to be performed on Aavani Avittam Day.

SANDHYA VANDHANAM (Nityakarma Anushtana)

OWPASANAM (Nityakarma Anushtana)

Thread Changing (Poonal Maral)

**KAMO KARSHEETH JAPAM**

MAADHYANIKAM (Nityakarma Anushtana)

**BRAHMAYAJNAM**

**Deva Rishi Tarpanam**

**Deva Rishi Pitru Tarpanam**

**MAHA SANKALPAM**

**THREAD CHANGING (POONAL MAARAL)**

**KANDARISHI THARPANAM**

**VEDHARAMBAM**

**Jayaadi Homam**

**GAYATRI JAPAM (On 11th August 2014)**

For BRAHMACHARI'S the following are the rituals to be performed on Avani Avittam Day.

KSHOWRAM - thereafter bath

THREAD CHANGING (POONAL MAARAL)

SANDHYA VANDHANAM (Nityakarma Anushtana)

SAMIDHADHANAM (Nityakarma Anushtana)

**KAMO KARSHEETHU JAPAM**

MAADHYANIKAM (Nityakarma Anushtana)

**BRAHMAYAJNAM**

**Deva Rishi Trapanam**

**Deva Rishi Pitru Tarpanam**

**MAHA SANKALPAM**

THREAD CHANGING (POONAL MAARAL)

SPECIALMANTRA FOR BRAHMACHARICAL

**KANDARISHI THARPANAM**

VEDHARAMBAM

**GAYATRI JAPAM (On 11th Aug 2014)**



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## **THREAD CHANGING (POONAL MAARAL)**

### **ACHAMANAM**

ACHUDAAYA NAMAHA ANANTHAAYA NAMAHA GOVINDAAYA NAMAHA

KESHAVAA NARAAYANAA MADHAVAA GOVINDAA VISHNO MADHUSUDHANAA  
TRIVIKRAMAA VAAMANAA SREEDHARAA RISHIKESHA PADMANAABHAA DAAMODARAA

OM SHUKLAAM BHARADHARAM VISHNUM SASHIVARNAM CHATHURBHUJAM  
PRASANNA VADHANAM DYAAAYETH, SARVA VIGNA UPASAANTHAYE -

**PRANAYAMAM** - OM BHUUHU, OM BHUVAHA, OGUM SUVAHA, OM MAHAHA, OM  
JANAHA, OM THAPAHA, OGUM SATHYAM, OM THATSAVITHUR VARENYAM,  
BARGODEVASYA DEEMAHI DHEEYO-YONA PRACHOTHAYAATH – OMAAPA:  
JYOTHIRASA: AMRUTHAM BRAHMAA BHURBUVASSUVAROM. (TOUCH THE  
RIGHT HAND EAR).

**SANKALPAM:** MAMOPAAKTHA SAMASTHA DHURITHA KSHAYADHWAARA SREE  
PARAMESWARA PREETHYARTHAM

### **SRAAVANYAAM POURNAMAASYAAM ADHYAAYA UPAAKARMA ANGAM**

SROWTHA SMAARTHA VIHITHA NITYAKARMA ANUSHTAANA SADHAACHARA  
YOGYATHAA SIDHYARTHAM

BRAHMATHEJO: ABI VRUDHYARTHAM YAJNOPAVEETHA DHAARANAM  
KARISHYE.

YAJNOPAVEETHA DHAARANA MAHAAMANTRASYA PARABRAHMA RISHIHI,  
(TOUCH THE HEAD)

TRISHTUP CHANDHAHA (TOUCH THE NOSE)

PARAMAATHMA DEVATHA (TOUCH THE CHEST).

YAGYOPAVEETHA DHAARANE VINIYOGAHAA (KEEP BOTH HANDS AS  
“NAMASTHE” FOR A SECOND).

TAKE THE NEW POONAL (ONE BY ONE) IN THE HAND AND SAY - (BRAHMA  
MUDICHU IN RIGHT HAND (INNER SIDE FACING THE SKY) LEFT HAND WITH  
INNER SIDE FACING BHOOMI WITH PAVITRAM FINGER IN WATER IN THE  
PANCH PAATRAM) AND SAY:



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YAGYO PAVEETHAM PARAMAM PAVITHRAM PRAJAAPATHE:

YATHU SAHAJAM PURASTHA ATHU

AAYUSHYAM AGRIYAM PRATHIMUNJA SHUBRAM

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

YAYOO PAVEETHAM ----- HARI: OM (WEAR 2<sup>ND</sup> POONAL)

YAGYO PAVEETHAM ----- HARI: OM (WEAR 3<sup>RD</sup> POONAL)

AACHAMANAM

REMOVE THE OLD POONAL - SAY –

UPAVEETHAM BHINNATHANTHUM JEERNAM KASHMALA DHOOSHITHAM

VISRUJAAMI PUNA: BRAHMA VARCHO DEERGAYURASTHU ME. (PUT THE POONAL IN THE RIGHT HAND SIDE).

- OM THATSATHU BRAHMARPPANAM ASTHU
- AACHAMANAM



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## **SAMIDHADHANAM (Nityakarma Anushtana)**

FACE TO EAST -INFRONT OF YOU KEEP AN AGNIKUNDAM (FIRE BOX). KEEP THE FIRE READY IN THE AGNIKUNDAM.

**AACHAMYA:** ACHUTHAAYA NAMAHA - ANANTHAAYA NAMAHA - GOVINDAAYA NAMAHA

**ANGA VANDHANAM** - KESAVAA-NARAYANAA, MADHAVAA-GOVINDHAA, VISHNU-MADHUSOODHANAA, TRIVIKRAMAA-VAMANAA, SRIDHARAA-RISHIKESAA, PADMANABHAA-DAMODHARAA.

**VINAYAANKAR VANDANAM** - OM SUKLAAM BHARADHARAM VISHNUM SASHIVARNAM CHATHURBUJAM PRASANNA VADHANAM DYAAYETH, SARVA VIGNA UPASAANTHAYE

**PRANAAYAAMAM** - OM BHUUHU, OM BHUVAHA, OGUM SUVAHA, OM MAHAHA, OM JANAHA, OM THAPAHA, OGUM SATHYAM, OM THATSAVITHUR VARENYAM, BARGODEVASYA DEEMAHI DHEEYO-YONA PRACHOTHAYAATH - OMAAPO JYOTHIRASAHAA AMRUTHAM BRAHMAA BHURBUVASSUVAROM. (TOUCH THE RIGHT HAND EAR).

**SANKALPAM:** MAMOPAAKTHA SAMASTHA DHURITHA KSHAYA DHWAARAA SREE PARAMESWARA PREETHYARTHAM –

PRAATHA SAMIDHAADHAANAM KARISHYE style=(IN THE EVENING SAY “SAYAM” INSTEAD OF PRAATHA).

AAPA UPAS PRASHYA (TOUCH WATER) – LIGHT FIRE

BHOORBAVASSU VAROM AGNIM PRATISHTAABHYA

KEEP THE BOTH HAND AS “NAMASTHE” AND PRAY TO AGNI BHAGAVAN –

**PRAARTHANAI** - PARITHWAAGNE PARIMRUJAAMI AAYUSHAA CHA DHANENA CHAA. SUPRAJAA: PRAJAYAA BHOOYAASAM SUVEERO VEERAIHI, SUVEERO: VARCHASAA, SUPOSHA: POSHAIHI, SUGRUHO GRIHAIHI, SUPATHI: PATHYAA: SUMEDHAA MEDHAYAA SUBRAHMAA BRAHMMA CHARIBIHI.

OM BHOORBA VASSUVAHAA (Circle water around the fire)

- ATITE ANU MANYA SWAAHAA (TERKU – FROM BOTTOM TO UP ) RIGHT
-



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- ANUMATE ANU MANYA SWAHA (TERKKU TO VADAKKU – DOWN LEFT TO RIGHT)
  - SARASWATE ANU MANYA SWAAHAA (VADAPURAM – LEFT DOWN TO UP)
  - DEVA SAVITA PRASUVAHAA (Circle water around the fire)

**NOW THE HOMAM STARTS –**

EACH SAMITHU OR DARBHA TO BE KEPT IN THE AGNI AFTER SAYING SWAHA:

1. AGNAYE SAMIDHAM AAHAARUSHAM BRUHATHE JAATHAVEDHASE  
YATHAA TWAM AGNE SAMIDHAA SAMIDHYASE EVAM MAAM AAYUSHAA  
VARCHASAA SANYAA MEDHAYAA PRAJAYAA PASUBIHI BRAHMA  
VARCHASENAA ANNAADYENAA SAMEDHAYAA SWAAHA AA
2. EDHO OSI EDHUSHEEMAH I SWAAHA AA
3. SAMIDHASI SAMEDHISHEEMAH I SWAAHA AA
4. TEJOSI THEJOMAH I TEHI SWAAHA AA
5. APO ATYAA ANWA CHAARISHAM RASENAA SAMASRUKSH MAHI  
PAYASWAAN AGNA AAGAMAM THAM MAA SAGUM SRUJAA VARCHASAA  
SWAAHA AA
6. TAMMAA AGNE VARCHASAA SRUJAA PRAJAYAA CHA DHANENA CHA  
SWAAHA AA
7. VIDYUMNE ASYA DEVAHAA INDRO VIDYATH SAHARSHIBI: SWAAHA AA
8. AGNAYE BRUHATHE NAAGAAYA SWAAHA AA
9. DYAAVA PRITHIVI BYA GUM SWAAHA AA

10. ESHAA TE AGNE SAMITHTHAYAA VARDHASWACHAA AABHYAAYASWA  
CHAA DHAYA AHUM VARDHAMANAHAA BHOUYAASAM ABHYAAYA  
MANASCHA SWAAHA AA

11. YOMAA AGNE BAGINAGUM SANTHAM ATHAA BHAAGAM  
CHIKERUSHATHI ABHAAGAMAGNE THAM KURU MAAMAGNE  
BHAAGINAGUM GURU SWAAHA AA

12) SAMITHAMAATHAYA AGNE SARVAVRUTHO: BHUUYAASAGUM SWAAHA  
AA

- BHU SWAAHA AGNAYE IDAM NAMAMA, BHUVA SWAAHA - VAYAVAA  
IDANNAMMAA, SUVA SWAAHA - SURYAYAA IDANNAMAAMAA

- OM BHOORBA VA SUVAHA SWAAHA AA
- PRAJAA PATAYA IDANNAAMAMA
- ATITE ANVAMAGUM STAA: (TERKKU – FROM BOTTOM TO UP – RIGHT)
- ANUMATE ANU MANYA STAA: (TERKKU TO VADAKKU – LEFT TO RIGHT –  
DOWN)



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- SARASWATE ANU MANYA STAA: (VADAPURAM – FROM BOTTOM TO UP – LEFT)
  - DEVA SAVITA PRAASAAVEEHI (Circle around the fire)

SWAAHA - PUT ONE MORE SAMITHU IN THE AGNI AND STAND UP BY SAYING

**UPASTAANAM:**

“ AGNE UPASTAANAM KARISHYE”. SAY - (KEEPING THE BOTH HANDS AS NAMASTHE) -

- YATHTHE AGNE THEJASTHENAA AHAM THEJASWI BHUUYAASAM
- YATHTHE AGNE VARCHASTENAA AHAM VARCHASWI BHUUYAASAM
- YATHTHE AGNE HARASTENAA AHAM HARASWI BHUUYAASAM
- MAYI MEDHAAM MAYI PRAJAAM MAYI AGNI: THEJO DHADHAATHU
- MAYI MEDHAAM MAYI PRAJAAM MAYI INDRAHA INDRIYAM DHADHAATHU - MAYI MEDHAAM , MAYI PRAJAAM MAYI SOORYAHAA BHRAAJO DHADHAATHU

**- AGNAYE NAMAHA:**

- MANTHRA HEENAM, KRIYAA HEENAM, BHAKTHI HEENAM, HUTHAASHANA, YADHUTANTU MAYAA DEVA PARIPOORNAM THADASTHUTE, PRAYAASCHITHAANI ASHESHAANI, THAPA: KARMAATHMA KANIVAI, YAANITHESHAA ASHESHAANAAM SRI KRISHNA ANUSMARANAM PARAM - SRI KRISHNA, KRISHNA KRISHNA –

- **NAMAKARAM WITH “ ABHIVADHAYE....”**

**ABHIVAADAM (Follow yours)**

ABHIVAADAYE KAASHYAPAA AAVATSAARA NAIDHRUVAA TRIAA HRSHEYAA  
PRAVARAAN VITA NAIDHRRUVA KAASHYAPA GOTRAHA APASTAMBA SUTRAHA  
YAJUH SHAAKHA ADDYAAHEE SRI .....SARMANAHA ASMI  
BHOHO

RAKSHA (TAKE THE BASMAM FROM THE AGNIKUNDAM, KEEP THE SAME IN THE LEFT HAND AND TOUCH THE SAME WITH THE RIGHT HAND RING FINGER AND SAY)



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### **RAKSHA MANTRAM:**

MAANASTOKE THANAYE MAANA AAYUSHI MAANOGHOSHU MAANO ASHWESHU  
REERISHAHAA, VEERAANMANAHAA RUDRABHAAMITHO VADHEE:,  
HAVISHMANTAHAA NAMASAA VIDHEMATHE.

- |    |                             |                |
|----|-----------------------------|----------------|
| 1. | MEDHAAVI BHOOYAASAM         | FOREHEAD       |
| 2. | THEJASWI BHOOYAASAM         | CHEST/HEART    |
| 3. | VARCHASWI BHOOYAASAM        | RIGHT SHOULDER |
| 4. | BRAHMA VARSHASWI BHOOYAASAM | LEFT SHOULDER  |
| 5. | AAYUSHMAAN BHOOYASAM        | NECK           |
| 6. | ANNAADHO BHOOYAASAM         | BACK NECK      |
| 7. | SWASTI - BHOOYAASAM         | HEAD           |

### **PRAARTHANAI:**

SRADHHAAM MEDHAAM YASHA PRAGYAAM VIDHYAAM BHUDHIM SRIYAM  
BALAM AAYUSHYAM THEJA AAROGYAM DEHI ME HAVYA VAAHANAA - SRIYAM  
DEHI ME HAVYA VAAHANA OM NAMA ITI.

KAAYENA VAACHAA MANASAA INDRIAIRVAA BUDHYAATMA NAABHAA  
PRAKRUTE SVABHAAVAAT KAROMI YADHYAT SAKALAM PARASMAI  
NAARAAINAAITI SAMARPAYAAMI

“ OM TATSATHU BRAHMAARPPANAM ASTHU.” (Put water in ground)

### **AACHAMANAM**



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## KAAMO KARSHEETH JAPAM

OM SRI GURIBHYO NAMA: HARI: OM

OM GANAANAAM TWA GANAPATIGUM HAWAAMAHE KAVIM KAVEENAAM  
UPAMASRA VASTAMAM JYESHTA RAAJAM BRAHMMANAAM BRHMANASPATHA  
AA NA SRANVANN OOTI BHI SEETHA SAADHANAM OM SHRI MAHAA  
GANAPATHYE NAMAHAA

VAKRA TUNDA MAHAA KAYA SOORYA KOTI SAMA PRADHA NIRVIGNAM KURUME  
DEVAA SARVA KAARYESHU SARVADAA AGAJAANANA PADMAARGAM  
GAJAANANAM AKALMITAM ANEKADANTAM BHAKTAANAAM EKADANTAM  
UPAASMAHE

## **SRAAVANYAAM POURNAMAASYAAM ADHYAAYA UPAKARMAANGAM**

Aacharya+Wear Pavithram(\*) + Put Durbha Aasanam under the legs + Wear  
Two Dharbha between the Pavithram)

AUM SUKLAAM BHARADHARAM VISHNUM SASHI VARNAM CHATHURBHUJAM  
PRASANNA VADHANAM DYAAAYETH SARVA VIGNA UPASSANTHAYE - OM  
BHUUHU, OM BHUVAHA, OM GUM SUVAHA, OM MAHAHA, OM JANAHA, OM  
THAPAHA, OOGUM SATHYAM OM THATASAVITHUR VARENYAM BARGO  
DEVASYA DEEMAHI DHEEYO-YONA PRACHOTHAYAATH – OMAAPA:  
JYOTHEERASA: AMRUTHAM BRAHMA BHURBUVASUVAROM OM OM OM.

MAMOPAAKTHA SAMASTHA DHURITHAKASHAYADWAARA SRI PARAMESWARA  
PREETHYARTHAM –

THATHEVA LAGNAM SUDHINAM THADAIVAA, THAARAABALAM CHANDRABALAM  
THADAIVAA, VIDHYAABALAM DAIVABALAM THADAIVAA, SRI LAKSHMIPATHE  
ANGRIYUGAM SMARAAMI - APAVITHRAHA PAVITHROVAA SARVAA VASTHAAM  
GATHOPIVAA - YASMARETH PUNDAREEKAASHAM - SABAAHYA ABHYANTHARA  
HA SUCHIHI,

MAANASAM VAACHIKAM PAAPAM - KARMANAAM SAMUPAARJITHAM - SRI RAMA  
SMARANENAIVA VYAPOHATHI NA-SAM SASAYAHA –

SRI RAMA, RAMA RAMA - THITHIR VISHNU - THATHAA VAARA NAKSHATRAM  
VISHNUREVACHA YOGASCHA KARANAM CHAIVA SARVAM VISHNU MAYAM  
JAGATH. SRI GOVINDA, GOVINDA GOVINDAA –





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ADHYA SRI BAGAVATHAHAA, MAHAA PURUSHASYA, VISHNOR AAGNAYA, PRAVARTHAMAANASYA, SHUBHE DINE SHOBHANE MUHOORTHE ADHYA BRAHMANAHAA, DWITHEEYA PARAARDHE, SHWETHA VARAAHA KALPE, VIVASWATHA MANWANTHARE, ASHTAAVIGUM SATHITHAME, KALIYUGE, PRATHAME PAADHE, JUMBOO DWEEPE (For North America – KRAUNCHA DWEEPE), BHAARATHA VARSHE (FOR North America – RAMANAKA VARSHE), BHARATHA KHANDE (For North America – UTTARA OR AINDRA KHANDE), MEROHO: DAKSHINE PAARSHWE (PASCHIME PAARSHWE) DANDAHAARANYE SHAALIVAHANA SAKAABDE, ASMINNU VARTHAMAANE, VYAAVA HAARIKE, PRABHAVAADHEENAM SHASHTYA SAMVATSARAANAM MADHYE **JAYA NAAMA SAMVATSARE, DAKSHINAAYANE, GREESHMA RITHOW, KATAKA MAASE, SHUKLA PAKSHE, ADHYA PAURNIMAASYAAM** (Canada, USA, India) SHUBHATHITHOW VAASARAHA **BHANU VAASARA YUKTHAAYAAM, SHRAVANA** (Canada, USA, India) NAKSHATRA YUKKTHAAYAAM,

SREEE VISHNU YOGA SRI VISHNU KARANA SUBAYOGA, SUBAKARANA, EVAM GUNA SAKALA VISESHANA VISISHTAYAAM, ASYAAM VARTHAMAANAAYAAM POURNAMAASYAAM SUBHATHITHOW MAMO PAAKTA SAMSTHA DHURITA KSHYA DHWAARA SREE PARAMESHWARA PREETYARTHAM

- THAISHYAAM POURNAMAASYAAM ADHYAAYA UTSARJANA AKARANA PRAAYASCHITHAARTHAM, ASHTOTHARA SAHASRA SANGYAYA (1008) OR SHATA SANGYAYA (108) KAMOKAARSHEETH MANURA KAARSHEETH ITI MAHAA MANTRA JAPAM ADHYA KARISHYE (Please repeat this sentence two times).

Remove the two dharbha and put it on the north side (which you kept between the Pavithram). Slightly wash the hand with little water from the Panchapathram - chant 10 times Pranayama Manthram “OM BHUHU +++++ OM OM OM”.

1008 times chant the mantra as “KAMO KAARSHEETH MANYURA KAARSHEETH” As soon as you finish 1008 times - remove the Pavithram and do the Achamanam.

**OHM TAT SAT BRAHMMARPANAM ASTHU**



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## **BRAHMAYAGYAM - AACHAMYA**

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

OM BHUHU, OM BHUVAHA, OM GUM SUVAHA, OM MAHAHA, OM JANAHA, OM  
THAPAHA, OOGUM SATHYAM OM THATSAVITHUR VARENYAM BHARGO  
DEVASYA DEEMAHI DHEEYO-YONA PRACHOTHAYAATH - OMAAPA:  
JYOTHEERASAAH AMRUTHAM BRAHMAA BHURBUVASSUVAROM OM OM OM.

MAMOPAAKTHA SAMASTHA DHURITHA KSHAYADHWAARA SRI PARAMESWARA  
PREETHYARTHAM - BRAHMAYAGYAM KARISHYE - BRAHMA YAGNENA YAKSHYE

VIDHYURASI VIDHYAME PAAPMAANAM RUTHAAT SATHYAM UPAIMI (CLEAN  
HANDS WITH WATER)

OM BHUUHU: TATSAVITHUR VARENYAM, OM BHUVAHAA BARGODEVASYA  
DEEMAHI, OGUM SUVAHAA DHEEYO YONAHAA PRACHODHAYAATH - OM  
BHUHU: TATSAVITHURVARENYAM, BARGODEVASYA DEEMAHI, OM BHUVAHAA  
DHEEYO YONAHAA PRACHODAYAATH - OGUM SUVAHAA  
TATSAVITHURVARENYAM, BARGODEVASYA DEEMAHI, DHEEYO YONA  
PRACHODAYAATH -

HARI:OM AGNIMEE EELE PUROHITHAM YAJNASYA DEVAM RITHWIJAM, HOTHAA  
AARAM RATHNA DHAATHAMAM HARI: OM

HARI: OM ISHE TVOR JETWAA VAAYAVASTHA UPAAVAVASTHA DEVOVAHAA  
SAVITHAA PRAARPAYATHU SRESHTATHAMAAYAA KARMANE

HARI: OM AGNA AAYAHI VEETHAYEE GRUNAANAHAA HAVYADHAATHAYE NI  
HOTHA SATSI BARHISHI HARI: OM

HARI: OM SHANNO DEVI: ABISHTAYE APO BAVANTHU PEETHAYE: SANYO: ABHI  
SRAVANTHU NAHAA HARIH: OM

OM BHURBAVASUVAHAA (Take one udarni water in the right hand - with that water  
round your head and say the mantram as)

OM SATHYAM THAPAHA SRADHAAYAAM JUHOMI.

(Keep both hands as Namaste and chant the mantra as)



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OM NAMO BRAHMANE - NAMO ASTU AGNAYE, NAMA: PRITHIVYAI, NAMA  
OWSHADHEEBYAHAA, NAMO VAACHE NAMO VAACHASPATHAYE NAMO  
VISHNAVE BRUHATHE KAROMI (3 TIMES)

VRUSHTIRASI VRUSCHA ME PAAPMAANAM AMRUTHAATH SATHYAM UPAAGAM  
(with little water touch your both hands Muttu)  
GOVINDA NAMA SANKEERTHANAM – GOVINDA GOVINDAA

### **Now Tharpanam Starts:**

SAY - “DEVA THARPANAM KARISHYE “ (**THRU FINGER TIPS**)

With the following mantra - do the tharpanam once:

- BRAHMAADAYO YE DEVAHA - THHAAN DEVAAN THARPAYAAMI
- SARVAAN DEVAAN THARPAYAAMI
- SARVA DEVA GANAAN THARPAYAAMI
- SARVA DEVA PATHNEES THARPAYAAMI
- SARVA DEVA GANAPATHNEES THARPAYAAMI

Put the Poonal as mala and do the tharpanam twice with holding the poonal. (**Through your little finger**).

SAY – “RISHI THARPANAM KARISHYE”

- KRISHNA DWAIPAAYANA DAYAHA, YE RISHAYAHA – THHAAN RISHEEN THARPAYAAMI
- SARVAAN RISHEEN THARPAYAAMI
- SARVA RISHI GANAAN THARPAYAAMI
- SARVA RISHI PATHNEES THARPAYAAMI
- SARVA RISHI GANAPATHNEES THARPAYAAMI
- PRAJAAPATHIM KAANDARISHIM THARPAYAAMI
- SOMAM KAANDARSHIM THARPAYAAMI
- AGNIM KAANDARISHIM THARPAYAAMI
- VISWAAN DEVAAN KAANDARISHIM THARPAYAAMI

### **Poonal in Normal Mode (Pour water from tips of fingers):**

- SAAGUM HITHEER DEVATHAA UPANISHADHA THARPAYAAMI
- YaAGNIKEER DEVATHAA UPANISHADHA THARPAYAAMI
- VAARUNEER DEVATHAA UPANISHADA THARPAYAAMI



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**Poonal in Normal Mode (Pour water from little finger):**

- HAVYAVAAHAM THARPAYAAMI
- VISWAAN DEVAAN KAANDARISHIM THARPAYAAMI

**Poonal in Normal Mode (Pour water by the bottom of the palm towards self):**

- BRAHMAANAM SWAYAMBUVAM THARPAYAAMI
- VISWAAN DEVAAN KAANDARISHIM THARPAYAAMI
- ARUNAN KAANDARISHIM THARPAYAAMI

**Poonal in Normal Mode (Pour water from tips of fingers):**

- SADASASPATHIM THARPAYAAMI
- RIGVEDHAM THARPAYAAMI
- YAJURVEDHAM THARPAYAAMI
- SAAMAVEDHAM THARPAYAAMI
- ATHARVANA-VEDHAM THARPAYAAMI
- ITHIHASA PURAANAM THARPAYAAMI
- KALPAM THARPAYAAMI
- VRUKSHAM THARPAYAAMI

( Those parents are alive ) - can put the poonal properly and do the Achamanayeem.

( Those parent(s) are not alive ) - put the poonal on the right shoulder (prachinaveethi) and do the following Tharpanam thrice.

**Pour water between thumb and index finger**

- SOMA PITHRUMAAN YAMO ANGIRASWAAN AGNIHI HAVYAVAAHANA  
ITHYAADHAYAHA YE PITHARAHA THHAAN PITHRUN THARPAYAAMI
- SARVAAN PITHRUN THARPAYAAMI
- SARVA PITHRU GANAAN THARPAYAAMI
- SARVA PITHRU PATHNEE: THARPAYAAMI
- SARVA PITHRU GANA PATHNEE: THARPAYAAMI
- OORJJAM VAHANTHI: AMRUTHAM GRITHAM PAYAHAA KEELAALAM  
PARISRUTHAM SWADHAASTHA THARPAYATHUME
- MAMA PITHRUN THRUPYATHA, THRUPYATHA, THRUPYATHA....

Put the poonal on the left side (as usual) and do the Achamaneeyam



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## MAHAA SANKALPAM

(Aacharya+Wear Pavithram + Put Durbha Aasanam under the legs + Wear Two Dharbha between the Pavithram)Darbeshvaaseena: Darbhaan Dhaaryamaana:

AUM SUKLAAM BARADHARAM VISHNUM SASHI VARNAM CHATHURBHUJAM  
PRASANNA VADHANAM DHYAAYETH SARVA VIGHNA UPASHAANTHAYE - OM  
BHUUHU, OM BHUVAHA, OM GUM SUVAHA, OM MAHAHA, OM JANAHA, OM  
THAPAHA, OOGUM SATHYAM OM THATSAVITHURVARENYAM BHARGO  
DEVASYA DEEMAHI DHEEYO-YONA PRACHOTHAYAATH - OM AAPO  
JYOTHEERASO AMRUTHAM BRAHMA BHURBUVASSUVAROM OM OM OM.

MAMOPAAKTHA SAMASTHA DHURITHA KSHAYADHWARA SRI PARAMESWARA  
PREETHYARTHAM –

THADEVA LAGNAM SUDHINAM THADAIVAA, THAARAABALAM CHANDRABALAM  
THADAIVAA, VIDHYAABALAM DAIVABALAM THADAIVAA, SRI LAKSHIPATHETHU  
ANGRIYUGAM SMARAAMI –

OM APAVITHRAHAA PAVITHROVAA SARVAA VASTHAAM GATHOPIVAA -  
YASMARETH PUNDAREEKAAKSHAM - SABAHYAA ABHYANTHARAHAA SHUCHIHI

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

SRI RAMA, RAMA RAMA RAMA THITHIR VISHNUHU - THATHAA VAARAHAA  
NAKSHATRAM VISHNUREVACHAA YOGASCHA KARANAM CHAIVAA SARVAM  
VISHNU MAYAM JAGATH\_. SRI GOVINDAA, GOVINDA GOVINDAA –

ADHYA SRI BAGAVATHAHAA MAHAAPURUSHASYA AADI VISHNOHO AADI  
NAARAYANASYA ACHINTHYAYAA APARIMITHAYAA SAKTHYAA  
ABRIYAMAANASYAA MAHAA JALOWGASYAA MADHYE PARIBRAMATHAAM  
ANEKA KOTI BRAHMAANDDAANAAM MADHYE YEKATHAME PRITHIVI  
APTJEJAHAA VAAYUHU AAKAASHA AHANGAARA MAHAD AVYAKTA AATMAKAIHI  
AAVARANAIHI AAVRUTHE ASMIN\_ MAHATHI BRAHMAANDA KARANDA MANDALE  
AADHAARA SHAKTHI KOORMA VARAAHA NANDATHI ASHTA DIGGAJOPARI  
PRATHISHTITHAANAAM

ATALA-VITALA-SUTHALA- RASAATTHALA THALAATHALA - MAHAATHALA-  
PAATHAALA AKHYAANAAM SAPTHA LOKAANAAM OORDHWA BHAAGE



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BHUVARLOKE SUVARLOKA MAHOLOKA JANOLOKA TAPOLOKA SATYA LOKA  
AAKHYA LOKA SHATKASYA ADHOBHAAGE

MAHAA NAALAYAMAANA PHANIRAAJA SESHASYA SAHASRA PHANAAMANI  
MANDALA MANDITHE, DIGDHANTHI SHUNDAA DHANDA UTTAMBITHE LOKAA  
LOKAA CHALENA VALAYITHE, LAVANA IKSHU SURASARA SARPI DADHI  
KSHEERA SUDHODAKA AARNAVAIHI PARIVRUTHE JAMBU PLAKSHA PUSA  
KROWNCHA SAAKA SAALMALEE PUSHKARA AKHYA SAPTA DWEIPAANAAM  
MADHYE JAMBOO DWEPE BHAARATA KIMPURUSHA HAREELAAVRUTA  
BHADRAASHWA KETUMAALA HIRANYAKA RAMANAKA KURU VARSHA AAKHYA  
NAVA VARSHAANAAM MADHYE BHAARATA VARSHE INDRA DEEPAKASERU  
TAAMBRA GABHASTI PUNNAAGA GANDHARVA SOWMYA VARUNA BHARATA  
KHANDAANAAM MADHYE BHARATA KHANDE PANCHASATH KOTI YOJANA  
VISTEERNA BHUMANDALE KARMABHUMOU DANDAKAARANYE SAMA BHUMOU  
ARDHA REKHAYAA: DAKSHINA DIG BHAAGE SRI SAILASYA AAGNEYA DIG  
BHAAGE RAAMASETO: UTTARA DIGBHAAGE GANGA YAMUNA SARASWATI  
BEEMARATI GOWTAMI NARMADAA GANTAKI KRISHNAVENI TUNGABADRA  
CHANDRABHAAGA MALAAPA: KAAVERI KAPILA TAAMPRAVARNI VEGAVATI  
PINAAKINEE KSHEERA NADI AADI ANEKA MAHAANADEE VIRAAJITE  
VAARANAASI CHITAMBARA SRI SAILA AHOBILA VENKATAACHALA RAAMASETU  
JAMBUKESWARA KUMBHAKONA HAALASYA GOKARNA ANANTASAYANA  
GAYAA PRAYAAGAADI ANEKA PUNYA KSHETRA PARIVRUTE KAAVERI TEERE  
SAKALA JAGATU SRUSHTU: PARAARDHA DWYA JEEVINA: BRAHMANA:  
PRATHAME PARAARDHE PANCHASATH ABDAATMIKE ATEETE DWETEYE  
PARAARDHE PANCHASATH ABDAADOU PRATAME VARSHE PRATAME MAASE  
PRATAME PAKSHE PRATAME DIWASE AHANI DWEETEYE YAAME TRUTEYE  
MUHOORTE PAARTIVA KOORMA PRALAYA ANANTA SWETAVARAHA BRAAHMA  
SAAVITRI AAKHYE SAPTA KALPAANAAM MADHYE SWETA VARAHA KALPE  
SWAAYAMBHUVASWAAROCHISHA UTTAMA TAAMASA RAIVATA CHAAKSHU  
SHAAKHYESHU SHASTSU MANUSHU ATEETESHU SAPTAME VAIVASWATA  
MANVANTARE ASHTAAVIGUMSATI TAMEY KALI YUGE PRATAME PADE  
YUDHISHTIRA VIKRAMA SAALIVA AHANA VIJAYA ABHINANDANA NAGAARJUNA  
KALI BHUMA AAKHYA SAKA PURUSHA MADHYE PARI GANITA SAALIVA AHANA  
SAKEY BHOWDHA AVATAARE BRAAMHA DAIVA PITRVYA PRAAJA PATYA  
BAARUSHAPATYA SOWRA CHAANDRA SRAVISHTA NAKSHATRA AAKHYA  
NAVAMAANA MADHYA PARIGANITENAA SOWRA CHAANDRA MAANA DWAYENA  
PRAVARTAMAANE PRABHAVA ADEENAAM SHASHTIYAH SAMVATSARAANAM  
MADHYE **JAYA** NAAMA SAMVATSARE, **DAKSHINAYANE**, **GREESHMA** RITHOW,  
**KATAKA** MAASE, **SHUKLA** PAKSHE, **POURNIMAASYAAM** (Canada, USA, India),  
SUBHATHITHOW – VAASARAHA **BHANU** VASARA YUKTHAAYAAM, **SHRAVANA**  
(In Canada, USA, India) NAKSHATRA YUKTHAYAAM - SUBAYOGA, SUBAKARANA  
SHUBA MUHURTE EVAM GUNA VISESHANA VISISHTAAYAAM, ASYAAM  
POURNIMAASYAAM SUBHATHITHOW MAMO PAKTHA SAMASTHA DURITA  
KSHYA DHWAARA SREE PAREMESHWARA PREETHYARTHAM



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ANAADHI AVIDYA VAASANAYA PRAVARTHAMAANE ASMIN MAHATHI SAMSAARA  
CHAKRE VICHITRAABIHI KARMA GATHIBIHI VICHITRAASU YONISHU PUNA  
PUNAHA ANEKADHA JANITHWA KENAAPI PUNYAKARMA VISESHANA

IDHAANEEMDHANA MAANUSHYE MAMAA DWIJA JANMA VISESHAM  
PRAAPTHAVATHAHA MAMAA IHA JANMA PRABHRUTI IHA JANMANI POORVA  
JANMANI JANMA JANMAANTARESHU YETAT KSHANA PARYANTAM BAALYE  
VAYASI KOWMARE YOWVANE VAARDHAKESHA JAAGRATH SWAPNA SUSHUPTI  
AVASTHAASU MANO VAAK KAAYAI: KARMENDRIA GYANENDRIA  
VYAAPAARASCHA KAAMA KRODHA LOBHA MOHAMADHA MATHSARYAADHI  
SAMBHAAVITAANAAM IHA JANMANI JANMANTHARE CHA JNANA AJNANA  
KRUTAANAAM RAHASYA KRUTAANAAM PRAKAASHA KRUTAANAAM BRAHMMA  
HANANA SURAAPAANA SWARNASTEYA GURUTALPAGAMANA THATSAT  
SAMSARGA AKHYAANAM MAHAAPAATAKAANAAM MAHAA PAATAKA  
ANUMRUTATVAADEENAAM ATI PAATAKAANAAM SOMAYAAGASTA KSHATRIA  
VAISYA VADHADEENAAM SAMA PAATAKAANAAM GOVADHADEENAAM UPA  
PAATAKAANAAM MAARJARA VADHADEENAAM SANKALEE KARANAANAAM  
KRIMI KEETA VADHADEENAAM MALINEEKARANAANAAM NINDITHA DHANAA  
DHAANA UPA JEEVA NAADEENAAM APAATHRI KARANAANAAM MADHYA  
GHRAANA NAADEENAAM JAATI TAATI BHRAMSA KARAANAM VIHITAKARMA  
THYAAGADEENAAM ABIHITAKARMA AACHARANAANAAM  
PRAKEERNAKAANAAM GNANATAHA SAKRUT KRUTAANAAM AGNAANATAHA  
ASAKRUT KRUTAANAAM ATYANTA ABHYASTAANAAM NIRANTARA  
ABHYASTAANAAM CHIRAKAALA ABHYASTAANAAM

PANKIBEDANA SWAAGABEDANA PARAANNABHOJANA SHOODRAPRESHYAA  
HEENAJAADI TASYAA EVAM NAVANAAM NAVAVIDHAANAAM BAHONAAM  
BAHUVIDHANAAM SARVESHAAM PAAPAANAAM HAVYAHA APANODANA  
DVAARAA SAMASTA PRAPAKSHYARTHAM MANGALAAMBIKAA SAMEDHA  
AADIKUMBHESHWARA VISAALAKSHI AMBIKA SAMETA KASI VISVESHVARA  
SWAMI SANNIDHOU SEETHA LAKSHMANA BHARATA SHATRUGHANA HANUMAS  
METHA SRI RAMA CHANDRA SWAMI SANNIDHOU VINAAYAKAADI SAMASTA  
SWAMI SANNI DHOW ASHWATHATHA NARAAYANA SWAMI SANNIDHOU DEVA  
BRAAHMANA SANNIDHOU SAMASTHA HARI HARA DEVATAA SANNIDHOU TRYAA  
TRIMSATH KOTI DEVATHAA SANNIDHOU SRI RUKMANI SATHYABHAMA  
SAMETHA SRI GOPALA KRISHNA SWAMI SANNIDHOU – TAIYASHYAM  
SRAAVANYAAM POURNAMAASYAAM ADHYAAYA UPAAKARMA KARISHYE

THADANGAM SRAVANE POURNAAMAASI PUNYAKAAL SAREERA  
SHUDHARTAM SHUDDHODHAKA SNANAM AHAM ARISHYE.

(Remove the two darbha and put it on the north side - You can take the bath now or even do the Prokshanam)



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**PUROKSHNA MANTRAM:**

ATHIKROORA MAHAAKAAYA KALPAANTHA DAHANOPAMAA

BHAIRAVAAYA NAMASTHUBYAM ANUGYAAM DHAATHU MARHASI

DURBHOJANA DURAALAAPA DUSHPRATIGRAHA SAMBHAVAM PAAPAMHARA  
MAMAKSHIPRAM SAHYAKANYE NAMOSTUTE TRUHAATRAM JAANNAVITEERE  
PANCHARAATHRANTU YAAMUNE SADYAHA PUNAATU KAAVERI PAAPAM  
AAMARNAANDHIKAM GANGA GANGETI YO BHRUYAAT YOJANAANAAM  
SATAIRAPI MUCHYATE SARVA PAAPEBHYAHA VISHNU LOKAM SAGACHATI

AAPOHISHTA MAYO BHUVAHA STHAANA OORJE DADHATANA MAHERANAYA  
CHAKSHUSHE YOUVAHA SHIVATA MORASAHA TASYA BHAJAYATE HANAHA  
USHA TEERIVA MAATARAHA TASMAAHA ARANGA MAMAVAHA YAS  
YAKSHYAYAA JINVATA AAP: JANAYATA JANAHA BHOORBHAVASUVAHA OM  
BHOORBHAVASUVAHA

GOVINDHANAMA SAMKEERTHANAM - GOVINDA! GOVINDA

**SPECIALMANTRA FOR BRAHMACHARI's (MOWJEEEDHARANA  
MANTRAM)**

IYAM DURUKTHATH PARI BHADHAMANA SARMA VAROOTTHAM PUNATHI NA  
AAGATH - PRAANAPANABYAM BALAMA BARAMTHI PRIYA DEVANAGUM SUBAGA  
MEGALEYAM. RITHASWA GOPTRI THAPASAHA PARASPEE GNATHI

RAKSHA SAHAMANA ARATHIHI. SA NASAMANTHA MANUPAREEHI BADRAYA  
BARTHARASTHE MEGALE MA RISHAMA.

KRISHNAJINA DHARANA MANTRAM (MAANTHOL)

MITRASYA CHAKSHUR DHARUNAM BALEEYA STHEJO YASASWI STHAVIRAGUM  
SAMIDHAM ANAHANASYAM VASANAJJA RISHNU PAREEDHAM VAJYAJINAM  
DADHEHAM.

DHANDA DHARANA MANTRAM (PLACHHI DHANDU)

SUSRAVAHA SUSRAVASAM MA KURU YATHA TWAGUM SUSRAVAHA

SUSRAVA ASYEVA MAHAGUM SUSRAVAHA SUSRAVA BHOOYASAM YATHA  
TWAGUM SUSRAVO DEVANAAM NIDHI GOPO ASYEVAMAHAM  
BRAAHMANANAAM BRAHMANO NIDHI GOPO BHOOYASAM.





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## THREAD CHANGING (POONAL MAARAL)

As before

## KAANDARISHI THARPANAM

AACHAMYA

OM SUKLAAM BHARADHARAM VISHNUM SASH IVARNAM CHATHURBHUJAM  
PRASANNA VADHANAM DHYAAAYETH, SARVA VIGNOPASAANTHAYE -

PRANAAYAAMAM - OM BHUHU, OM BHUVAHA, OGUM SUVAHA, OM MAHAHA, OM  
JANAHA, OM THAPAHA, OGUM SATHYAM, OM THATSAVITHUR VARENYAM,  
BARGODEVASWA DEEMAHI DHEEYO-YONA PRACHOTHAYATH - OMAPO  
JYOTHIRASAO AMRUTHAM BRAHMA BHURBUVASUVAROM.(TOUCH THE RIGHT  
HAND EAR).

SANKALPAM:

MAMOPAAKTA SAMASTA DHURITAKSHYA DHWAARAA SREE PAREMESHWARA  
PREETHYARTHAM

ADHYA PURVOKTHA EVAM GUNA VISESHANA VISISHTAAYAAM ASYAAM  
POURNAVAASYAAM SUBHATHITHOW - MAMOPAAKTHA SAMSTHA  
DHURITHAKSHAYADWAARAA SREE PARAMESWARA PREETHYARTHAM –

SRAAVANYAAM POURNAMAASIAAM PUNYAKAALE ADHYAAYA UPAAKARMA  
KARMAANGAM PRAAJAAPATHYAADHI KAANDARSHI THARPANAM ADHYA  
KARISHYE

TADANGAM SNAANAMAHAM KARISHYE

TADANGAM YAGNOPAVITHA DHAARANAM KARISHYE

TADANGAM KAANDARISHI THARPANAM KARISHYE

TAKE SNANAM AND DO IN WET CLOTHES: (In the water put some Ellu (Thila) and  
Arisi (Akshatha - Rice) and do the following Tharpanam each thrice. **Put the Poonal as  
Maala**):

WATER SHOULD FLOW VIA YOUR LITTLE FINGERS OF BOTH HANDS JOINED  
TOGETHER



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- 
- PRAJAAPATHIM KAANDARSHIM THARPAYAAMI x 3
  - SOMAM KAANDARSHIM THARPAYAAMI x 3
  - AGNIM KAANDARSHIM THARPAYAAMI x 3
  - VISWAAN DEVAAN KAANDARSHIM THARPAYAAMI x 3
  - SAAGUMHITHEER DEVATHA UPANISHADAHA THARPAYAAMI x 3
  - YAGNIKEER DEVATHAA: UPANISHADAHA THARPAYAMI x 3
  - VARUNEER DEVATHAA: UPANISHADAHA THARPAYAAMI x 3

LIFT HAND UPWARD SO THAT WATER FLOWS DOWNWARDS FROM ANKLES:

- BRAHMAANAM SWAYAM BHUVAM THARPAYAAMI x 3 (**MUZHAM KAIGAL**)
- SADASASPATHIM THARPAYAAMI x 3

(Put the Poonal as usual and do the Achamanam)

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**FOR THEM (WHOSE PARENTS (S) ARE NOT ALIVE –**

**(PUT POONAL ON THE RIGHT SIDE (PRACHEENAVEETHI) AND DO THE FOLLOWING THERPANAM X 3 TIMES)**

SOMA: PITHRUMAAN YAMO: ANGIRASWAAN AGNIHI HAVYAVAAHANA: ITHYAA  
DAYA: YE PITHARA: THHAAN PITHRUN THARPAYAAMI (3 MURAI)

KALPAM THARPAYAAMI

- SARVAAN PITHRUN THARPAYAAMI
- SARAVA PITHRU GANAAN THARPAYAAMI
- SARVA PITHRU PATHNEES THARPAYAAMI
- SARVA PITHRU GANA PATHNEES THARPAYAAMI
- OORJAM VAHANTHI AMRUTHAM GHRUTHAM PAYA: KEELAALAM  
PARISHRUTHAM SWADHAASTHA THRUPYATHUME
- MAMA PITHREN THRIPIYATHA, THRUPYATHA, THRUPYATHA

(PUT THE POONAL AS USUAL AND DO THE AACHAMANAM)



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## VEDHARAMBAM

OM SUKLAAM BHARADHARAM VISHNUM SASHI VARNAM CHATHURBHUJAM  
PRASANNA VADHANAM DYAAAYETH, SARVA VIGNOPASAANTHAYE –

PRAANAAYAAMAM - OM BHUHU, OM BHUVAHA, OGUM SUVAHA, OM MAHAHA,  
OM JANAHA, OM THAPAHA, OGUM SATHYAM, OM THATSAVITHUR VARENYAM,  
BARGODEVASWA DEEMAHI DHEEYO-YONA PRACHOTHAYAATH - OMAPO  
JYOTHIRASAO AMRUTHAM BRAHMAA BHURBUVASUVAROM. (TOUCH THE  
RIGHT HAND EAR).

SANKALPAM: MAMOPAAKTHA SAMASTHA DHURITHAKSHAYADHWAARA SREE  
PARAMESWARA PREETHYARTHAM VEDAARAMBAM KARISHYE.

OM BHUUHU TATSAVITHURVARENYAM, OM BHUVAHA BHARGODEVASYA  
DEEMAHI, OGUM SUVAHA DHEEYO YONAHA PRACHODAYAATH - OM BHUUHU  
TATSAVITHURVARENYAM, BARGODEVASYA DEEMAHI, OM BHUVAHA DHEEYO  
YONA PRACHODAYAATH - OGUM SUVAHA TATSAVITHURVARENYAM,  
BARGODEVASYA DEEMAHI, DHEEYO YONA PRACHODAYAATH -

SRAAVANYAAM POURNAMAASYAAM ADHYAAYA UPAAKARMANI VEDA  
ADHYAYANA AARAMBHAM KARISHYE

OM SHRI GURUBHYO NAMAHA HARI: OM HARI: OM

OM AGNIMELE PUROHEETHAM YAGNASYA DEVAM MRITHWIJAM,  
HOTHAAHARAM RATHNA DHAATHAMAM

HARIHI OM HARIHI OM

ISHE TVAOR JJETWAA VAYAVASTHAA UPAAYAVASTHAA DEVOVAHAA SAVITHAA  
PRAARPAYATHU SRESHTATHAMAAYA KARMANE

AAPPHYAAYADHVAM AGNIYAHA DEVABHAAGAM OORJASWATEEHI  
PAYASVATEEHI PRAJAAVATEEHI ANAMEEVAHA AYAKSH MAAVAHA STENAHA  
EESHATA MAA AGASHAGUMSAHA RUDRASYA HETIHI PARIVAHA VRINAKTU  
GHRUVAHA ASMINNU GOPATHOU SYAATAA BAHVEEHI YAJAMAANASYAA  
PATOON PAAHI

OM HARIHI OM - BRAHMA SANDHATHTHAM THANME JINWATHAM -  
KSHATRAGUM SANDHATHTHAM THANME JINWATHAM – ISHAGUM  
SANDHATHAM THAAMME JINWATHAM OORJAGUM SANDHATHAM THAAMME  
JINWATHAM - RAYIGUM SANDHATHTHAM THAAMME JINWATHAM - PUSHTIGUM



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SANDHATHTHAM THAAMME JINWATHAM – PRAJAAGAM SANDHATHTHAM  
THAAMME JINWATHAM – VASOON SANDHATHTHAM THAAMME JINWATHAM -

OM HARIHI OM - BADRAM KARNEBI: SRINUYAAMA DEVAHA - BADRAM  
PASYEMAKSHA BIRYAJATRAHA - STHIRAI RANGAI: STHUSHTU VAAGUM  
SASTANUUBHI: VYASHEMA DEVAHITHAM YADAAYUHU. SWASTHI NA INDRO  
VRIDHA SRAVAHA - SWASTHINA POOSHA VISHWA VEDHAHA - SWASTI NA  
STHARSKSHYO ARISHTANEMIHI - SWASTINO BRIHASPATIR DHATHATHU.

OM SHANTI SHANTI SHANTI:

HARIHI OM – SAMGYAANAM: VIGYAANAM: PRAGYAANAM: JAANATU  
ABHIJAANATU SAMKALPAMAANAM PRAKALPAMAANAM UPAKALPAMAANAM  
UPAKLUPTAM KLUPTAM SHREYO VASEEYAHA AAYATU SAMBHOOTAM  
BHOOTAM CHITRAHA KETUHU PRABHAAN AABHAAN SAMBHAAN\_  
JYOTISHMAAN\_ TEJASVAAN\_ AATAPPANNU\_ TAPANNU\_ ABHITAPANNU\_  
ROUCHANO ROUCHAMAANAHA SHOBHANHA SHOBHA MAANAHA  
KALYAANAHA HARIHI OM

VARSHAADRUSHTAA VARSHATAA VISHVAROOPA DARSHANAA  
AAPYAAYAMAANAA AAPYAYA ONRUTERAA AAPOORYAMAANA POORYAMAANA  
APOOLAYANTI POURNA POURNAMAASI HARIHI OM

PRASUGMANTAHA DHIYASAANASYA SAKSHANI VAREBIHI VARAAN ABHI  
SHUPRASEEDATA ASMAAKAMU INDRAHA UBHAYAM JUJOSHATEE TYAJATU  
SOUMYASYAA ANDHATAHA BUBHODATI ANUKSHARAHA VRUJABAHA SANTU  
SANTAHAHA EBIHI SAKHAAYAHA YANTINHA VAREYAM SAMARYAMAA  
SAMBHAKONHA TRUNEEYAAT\_ ANJAHA SATYAGAM SUYAMA ASTU DEVAHA  
HARI HI OM

ATHA KARMANI AACHARAT YANI GRIHYANTE UDAGAYANA POORAVA  
PAKSHAHHA PUNYAHESHU KARYANI YAGYOPAVEETINA PRADAKSHINAM  
PURASTAT UDAGVA UPAKRAMAHA TATHAPAVAGRAHA HARIHI OM

SADAARAHA DARISHAPOURNAMAASOU VYAAHAAKHYAA SHYAAMAHA  
PRAATAHA AGNIHOTRAM UTWAA ANYAM AAVAAHANEEYAM PRANEEYAA  
AGNEEN ANVAADADHATEE NAGATA SRIYAHA ANYA AGNIUM PRANAYATI HARI  
HI OM

ATAATAHA SAAMAYAACHAARIKAANU DHARMAANU VYAAKHYA SHYAAMAHA  
DHARMAGYA SAMAYAHA PRAMAANAM VEDHAASCHA CHATWARO VARNAHA  
BRAHMANA KSHTRIYA VAISHYA SHOODRAHA TESHAM JANMATAHA POORVAH  
POORVAH SHREYAAN HARIHI OM



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ATA SIKSHAA PRAPAKSHYAAMI

HARI: OM HARI: OM

**(MAAHESHWARA SOOTRAM)** OM HARIHI OM - AI YE OON, RI LU KU, YAY  
OWNGU, I OWE CHE, HAYA VARATU, LAN NNAMANGE, NANAMU, JAPANGU, GA  
DA THA SHU, JA BHA GADA THASU, GA FA CHA TA THA, CHA TA THAVU, KAPAYU  
SASHA SARU, HALLU - ITTHI MAHESWARAANI SOOTHRANI VRUDHIRAATAI  
ABHAYANGUNAHA HARIHI OM

ATAATAHA: SANDHATAA SAMRUDHAI VYAHAAKHYA SHAAMAHA HARIHI OM

ATHATO YAJUHU SAMHITAAYAAM AAKARA PLUTA POORVAHA SHESHAVAT  
VYNJANOTTARA SHASAKAARA PARAHA VISARJANEEYAHA YESHU PADESHU  
LUPYATE TANI PADANI PRAVAKSHYAMI VYAJANAM PADAANAAM HARIHI OM

GEERNA SHREYAHA DHENAVAHA SHREEHI RUDRASTU MANYAHA BHAGOHI  
YAAJYA DHANYAM NAARI DHANAVAN PUTRAHA HARIHI OM

ATHAVARNA SAMAAMNAAYAHA HARIHI OM

ATAATAHA DHARMAJIGNYASA HARIHI OM

ATAATAHA BRAMMAJIGYAASA HARIHI OM

AGNA AAYAAMI VEETHAYEHE GHRUNANAHA HAVYADHAATHAYE NI HOTHAA  
SATSI BARHISHI HARIHI OM

SANNO DEVI: RABISHTAYE AAPO BAVANTHU PEETHAYEHE SAMYO: RABHI  
SRAVANTHU NAHA

AABHIHI GEERBIHI YATATONAA OONAM AAPYAAYAYAA HARIVAHA  
VARDHAMAANAHA YADAA GODRABHYAHA MAHIGOTRAA RUJAASI UJJISHTA  
BAAJHA ATATESHYAAMAA BRAMMAPRAAVAADISHMAA SHANNO  
MAAHADEET

OM SHANTI SHANTI SHANTIHI HARIHI OM

OM HARIHI OM - OM PARITRANAYA SADHOONAM VINASAYACHA  
DHUSHKRITHAM - DHARMA SAMSTHA PANAARTHTHAYA SAMBAVAMI YUGE  
YUGE.



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OM HARIHI OM - OM NAMO BRAHMANE NAMO ASTHU AGNAYE NAMA  
PRITHIVYAHI NAMA OWSHADHEEBHYAHA, NAMO VACHE NAMO  
VACHASPATTHAYE NAMA VISHNAVE BRIHATHE KAROMI (Repeat this thrice).

SWEEKRUTA VAI VEDAHA HARIHI OM

VRUSHTIRASI VRUSCHAME PAAPAMAA MAMRUTAA SATYAMUPAAKAAAM

GOVINDA NAMA SANKEERTHANAM - GOVINDA - GOVINDA

Remove the pavithram and do the aachamanam

Take some water in the hand and say:

KAYENA VAACHA MANASA INDRIYAIRVA BUDHYAATMA NAAVA PRAKRITEHE  
SWABHAVAAT KAROMI YADYAT SAKALAM PARASMAI NAARAYANAYETI  
SAMARPAYAMI MAYAKRITAMIDAM GAYATRI JAPAAKHYAM KARMA SARVAM  
TATSAT BRAHMARPANAM ASTU.

Take some dakshina in the hand and say themantra:

**MANTRAM WHILE GIVING DAKSHANAI TO BRAHMIN**

HIRANYA GARBHA GARBHASTAM HEMABEEJAM VIBHAVAASOHO ANANTHA  
PUNYAPHALADAM ATAHA SHAANTIM PRAYATCHAME ADYAKRITA  
SRAAVANYAAM POURNAMAASYAAM ADHYAAYA UPAKARMA AARAMBHA  
MUHURTA SUMURTATAA SIDHYARTAM SARVA KAARYA AANUKULYA  
SIDHYARTHAM SREE VEDA VYAASA PARIPOORNA PRASAADA SIDYARTAM  
YADKINCHATU KAAMAYAMAANAHA IDAM HIRANYAM, TUBHYAMAHA  
SAMPRADADE

**AASHIRWADAM MANTRAM FROM SASTRIGAL**

**PERFORM NAMASKARAM TO ALL ELDERS**



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## MANTRAPUSHPAM

OM BHADRAM KARNEBI: SRUNUYAAMA DEVAA: BHADRAM  
PASHEYMAAKSHA

BHIRYA JATRAA: STHIRAI RANGAI STUSHTU VAAGAM SASTA NOOBHI:

VYASHEMA DEVAHITAM YADAAYU: SWASTI NA INDRO VRADA SRAVAA:

SWASTI NA POOSHA VISWA VEDAA: SWASTI NASTAAKSHAYO ARISHTA  
NEMI: SWASTI NO BRUHASPATIR DADHATU

OM SHANTI SHANTI SHANTIHI

YOPAM PUSHPAM VEDAA PUSHPAVAAN PRAJAAVAAN PASHUMAAN  
BHAVATI CHANDRAMAVAA APAAM PUSHPAM PUSHPAVAAN  
PRAJAAVAAN PASHUMAAN BHAVATI YA EVAM VEDA YOPAAM AAYATAM  
VEDA AAYATANAVAAN BHAVATI AGNIRVAA APAAM AAYATANAM  
AAYATANAVAAN BHAVATI YO AGNE RAAYATANAM VEDA

AAYATANAVAAN BHAVATI AAPO VAA AGNE RAAYA TANAM  
AAYATANAVAAN BHAVATI YA EVAM VEDA YOPAA AAYATANAM VEDA  
AAYATANAVAAN BHAVATI VAAYURVAA APAAMAAYATANAM  
AAYATANAVAAN BHAVATI YO VAAYO RAAYATANAM VEDA  
AAYATANAVAAN BHAVATI

AAPO VAI VAAYO RAAYATANAM AAYATANAVVAN BHAVATI YA EVAM  
VEDA YOPAAM AAYATANAM VEDA AAYATANAVAN BHAVATI ASOU VAI  
TAPANNAPAAM AYATANAM AAYATANAVAAN BAHAVATI YO MUSHYA  
TAPAT AAYATANAM VEDA AAYATANAVAAN BHAVATI AAPO VAA  
AMUSHYA TAPAT\_ AAYATANAM

AAYATANAVAAN BHAVATI YA EVAM VEDA YOPAAM AAYATANAM VEDA  
AAYATANAVAAN BHAVATI CHANDRAMAA VAA APAAYATANAM  
AAYATANAVAAN BHAVATI YASCH CHANDRA MAS AAYATANAM VEDA  
AAYATANAVAAN BHAVATI AAPO VAI CHANDRAMASA AAYATANAM  
AAYATANAVAAN BHAVATI

YA EVAM VEDA YOPAAM AAYATANAM VADA AAYATANAVAAN BHAVATI  
NAKSHATRAANI VAA APAAM AAYATANAM AAYATANAVAAN BHAVATI YO  
NAKSHTRAANAM AAYATANAM VEDA AAYATANAVVAN BHAVATI AAPO



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VAI NAKSHATRAANAAM AAYATANAM AAYATANAVAN BHAVATI YA EVAM VEDA

YOPAA AAYATANAM VEDA AAYATANAVAAN BHAVATI PARJANYO VAA  
APAAM AAYATANAM AAYATANAVANN BHAVATI YAHA PARJANYA SYAAYA  
TANAM VEDA AAYATANAVAAN BHAVATI AAPO VAI PARJANYASYA  
AAAYATANAM AAYATANAVAAN BHAVATI YA EVAM VEDA YOPAAM  
AAYATANAM VEDA

AAYATANAVAAN BHAVATI SAMVATSARO VAA APAAM AAYATANAM  
AAYATANAVAAN BHAVATI YAT SAMVATSARASYA AAYATANAM VEDA  
AAYATANAVAAN BHAVATI AAPO VAI SAMVATSARASYA AAYATANAM  
AAYATANAVAAN BHAVATI YA EVAM VEDA YOAPSU NAAVAM PRATISHTHI  
TAAM VEDAA PRATYEVA TISHTHATI

RAAJADHI RAAJAAYA PRASAHYA SAHINE: NAMO VAYAM VAIHI  
SRAVANAAYA KURMAHE SAMEKAAMANA KAMAAKAAMAYA MAHYAM  
KAAMESVARO VAI: SRAVANO DADHATU KUBERAAYA VAI SRAVANNAYAA  
MAHAA RAAJAAYA NAMAHA

YO VEDADOU SWARA: PROKTO VEDAANTE CHA PRATHISHTITA:

TASYAM PRAKRUTI NEELASYA YAHA PARA: SA MAHESHWARA:

### **NEVEDHYAM**

OM BHOORBAVASUVA:  
TATSA VITHUR VARE INYAM BHAGO DEVASYA DHEEMAHI DHI YOYANA  
PRACHO DAYA YAATU  
DEVA SAVITA PRASUVA: SATYAM TWARTENA PARISHIMCHAAMI  
AMARITOPAS TARANAMASI  
PRAANAAYA SWAHA APAANAAYA SWAHA  
VYAANAAYA SWAHA UDHANAAYA SWAHA  
SAMAANAAYA SWAYA BRAHMMANE SWAHA BRAHMMANIME AATMA  
AMRUTATVAAYA





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### **AARATI MANTRA**

OHM RAJADHI RAJAAYA PRASAHYA SAAHINE: NAMO VAYAM VAYI  
SRAVANAYA KURMAHE SAMEKAAMAN KAAMA KAAMAAYA MAHYAM\_

KAAMESHVARO VAI SRAVANO DADHATU KUBERAAYA VAI SRAVANAAYA  
MAHA RAAJAYA NAMAHA

YO VEDADOU SWARA: PROKTO VEDAANDTE CHA PRATISHTITAH:

TASYAAM PRAKRUTI NEELASYA YAH PARA: SA MHESHVARA:

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## **GAYATRI JAPAM (Aug 11<sup>TH</sup>, 2014) - MONDAY**

(Aacharya+Wear Pavithram(\*) + Put Durbha Aasanam under the legs + Wear Two Dharbha between the Pavithram)

AUM SUKLAAM BARADHARAM VISHNUM SASHI VARNAM CHATHURBHUJAM  
PRASANNA VADHANAM DYAAAYETH SARVA VIGNOPASSANTHAYE - OM BHUHU,  
OM BHUVAHA, OM SUVAHA, OM MAHAHA, OM JANAHA, OM THAPAHA, OOGUM  
SATHYAM OM THATSAVITHURVARENYAM BARGO DEVASYA DEEMAHI DHEEYO-  
YONA PRACHOTHAYAATH - OM AAPO JYOTHEERASO AMRUTHAM BRAHMA  
BHURBUVASUVAROM OM OM OM.

MAMOPAAKTHA SAMASTHA DHURITHAKASHAYADWARA SRI PARAMESWARA  
PREETHYARTHAM –

THATHEVA LAGNAM SUDHINAM THATHEVA, THARABALAM CHANDRABALAM  
THATHEVA, VIDHYABALAM DAIVABALAM THATHEVA, SRI LAKSHIPATHE  
AGRIYUGAM SMARAAMI - APAVITHRA PAVITHROVAA SARVAA VASTHAAM  
GATHOPIVAA - YASMARETH PUNDAREEKAAKSHAM - SABAAHYA  
ABHYANTHARAHAA SUCHIHI, MAANASAM VAACHIKAM PAAPAM - KARMANAAM  
SAMUPARJITHAM - SRI RAMA SMARANENAIVA VYAPOHATHI NA-SAM SHAYAHAA  
- SRI RAMA, RAMA RAMA - THITHIR VISHNU - THATHAA VAARA NAKSHATRAM  
VISHNUREVACHAA YOGASCHAA KARANAM CHAIVAA SARVAM VISHNU MAYAM  
JAGATH SRI GOVINDA, GOVINDA GOVINDA - AADYA SRI BAGAVATHAHAA, MAHA  
PURUSHASYA, VISHNO RAAGNAYA, PRAVARTHAMAANASYA,

SHUBHE DINE SHOBHANE MUHURTE ADYA BRAHMANAHA, DWITHEEYA  
PARAARDHE, SWETHA VARAHA KALPE, VAIVASWATHA MANWANTHARE,  
ASHTAAVIGUM SATHITHAME, KALIYUGE, PRATHAME PAADHE, JUMBOO  
DWEPE (For North America – KRAUNCHA DWEPE), BHAARATHA VARSHE (For  
North America – RAMANAKA VARSHE), BHARATHA KHANDE (For North America –  
UTTARA OR GOTEERTHA OR AINDRA KHANDE), MEROHO DAKSHINE  
PAARSHWE DANDAHAARANYA SHAALIVAHANA SAKAABDE, ASMINNU  
VARTHAMAANE, VYAVA HAARIKE, PRABHAVAADHEENAAM SHASHTYAA  
SAMVATSARAANAAM MADHYE

### **IN CANADA, USA:**

**JAYA NAAMA SAMVATSARE, DAKSHINAAYANE, GREESHMA RITHOW, KATAKA  
MAASE, KRISHNA PAKSHE, ADHYA PRATHAMAAYAAM (upto 7.44 am) UPARI  
DVTITHEEYAAYAAM SUBHATHITHOW INDU VAASARA YUKTHAAYAAM,  
SRAVISHTA (upto 7.34 am) UPARI SATHABISHAK NAKSHATRA YUKTHAAYAAM –  
SRI VISHNU YOGA, SRIVISHNU KARANA, SUBAYOGA, SUBAKARANA, EVAM  
GUNA VISESHANA VISISHTAAYAAM, ASYAAM PRATHAMAAYAAM  
SUBHATHITHOW**



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**IN INDIA:**

**JAYA NAAMA SAMVATSARE, DAKSHINAAYANE, GREESHMA RITHOW, KATAKA MAASE, KRISHNA PAKSHE, ADHYA PRATHAMAAYAAM** (Upto 10:15 am) UPARI **DVITHEEYAAYAAM** SUBHATHITHOW **INDU VAASARA YUKTHAAYAAM, SRAVISHTA (upto 10.04 am) UPRI SATHABISHAK** NAKSHATRA YUKTHAAYAAM – SRI VISHNU YOGA, SRIVISHNU KARANA, SUBAYOGA, SUBAKARANA, EVAM GUNA VISESHANA VISISHTAAYAAM, ASYAAM PRATHAMAAYAAM SUBHATHITHOW

THAISHYAAM PRATHAMAAYAAM MITHYAA DHEETHA DOSHA PRAYASCHITHAARTHAM, DHOSHAVATH APATHANEEYA PRAAYASCHITHAARTHAM SAMVATSARA PRAAYASCHITHAARTHAM CHA ASHTOTHARA SAHASRA (1008) OR SHATHA (108) SANGYAYAA GAYATHRI MAHAAMANTRA JAPAM ADHYA KARISHYE (Repeat this sentence twice).

Remove the two dharbha and put it on the north side (which you kept between the Pavithram). Slightly wash the hand with little water from the Panchapathram. APA UPA PRASYA.

Pranavasya Rishi Brahma +++++ (remaining part will be as in the Sandhya Vandhanam)

Savithrya Rishi Viswamitha Nichruthu Gayatri Chanda Savitha Devatha

Chant 10 times Pranayama Manthram “ OM BHUHU +++++ OM OM OM”

Ayathwithi Anuvaakasya Vamadeva Rishihi+++++++Paramathma Devatha (remaining part will be as in the

Sandhya Vandhanam)

1008 times chant the “GAYATHRI MANTRAM”

As soon as you finish 1008 times - remaining part will be as in the Sandhya Vandhanam

***Compiled by Vish Anant***

***TORONTO, CANADA***