

## **GAYATRI JAPAM (Aug 21ST 2013) - WEDNESDAY**

(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 AGRYUGAM  
SMARAAMI - APAVITHRA PAVITHROVAA SARVAA VASTHAAM GATHOPIVAA -  
YASMARETH PUNDAREEKAASHAM - SABAAYHA 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 DWEEPE (For North America –  
KRAUNCHA DWEEPE), 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:**

**VIJAYA** NAAMA SAMVATSARE, **DAKSHINAAYANE**, **VARSHA** RITHOW, **SIMHA** MAASE,  
**KRISHNA** PAKSHE, ADHYA **PRATHAMAAYAAM** SUBHATHITHOW **SOUMYA** VAASARA  
YUKTHAAYAAM, **SRAVISHTA UPARI SATHABISHAK** NAKSHATRA YUKTHAAYAAM – SRI  
VISHNU YOGA, SRIVISHNU KARANA, SUBAYOGA, SUBAKARANA, EVAM GUNA  
VISESHANA VISISHTAAYAAM, ASYAAM PRATHAMAAYAAM SUBHATHITHOW

**IN INDIA:**

**VIJAYA NAAMA SAMVATSARE, DAKSHINAAYANE, VARSHA RITHOW, SIMHA MAASE, SHUKLA** (Upto 7:15 am) / **KRISHNA PAKSHE, ADHYA POURNAMYAAM** (Upto 7:15 am) UPARI **PRATHAMAAYAAM** SUBHATHITHOW **SOUMYA VAASARA YUKTHAAYAAM, SRAVISHTA 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 Viswanathan***

**SAVECA CANADA  
TORONTO, CANADA**