



GAYATRI JAPAM (Aug 30TH 2015) - SUNDAY

(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 DEEMAH 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 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:

MANMATHA NAAMA SAMVATSARE, DAKSHINAAYANE, VARSHA RITHOW, SIMHA MAASE, KRISHNA PAKSHE, ADHYA PRATHAMAAYAAM (upto 10.57 am) UPARI DVITHEEYAAYAAM SUBHATHITHOW BHANU VAASARA YUKTHAAYAAM, SATHAB ISHAK UPARI POORVA PROSHTAPADHA NAKSHATRA YUKTHAAYAAM – SRI VISHNU YOGA, SRIVISHNU KARANA, SUBAYOGA, SUBAKARANA, EVAM

IN INDIA:

MANMATHA NAAMA SAMVATSARE, DAKSHINAAYANE, VARSHA RITHOW, SIMHA MAASE, KRISHNA PAKSHE, ADHYA PRATHAMAAYAAM SUBHATHITHOW BHANU VAASARA YUKTHAAYAAM, 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 Viswanathan

***SAVECA CANADA
TORONTO, CANADA***