

Sree Vigneswaraya Namaha

Yajur Upakarma 2008

AVANI AVITTAM & GAYATHRI JAPAM

August 16th (Saturday) & August 17th (Sunday)

For GRIHASTAL'S the following are the rituals to be performed on Aavani Avittam Day.

SANDHYA VANDHANAM (Nityakarma Anushtana)

OWPASANAM (Nityakarma Anushtana)

KAMO KARSHEETH JAPAM

MAADHYANIKAM (Nityakarma Anushtana)

BRAHMAYAGYAM

Deva Rishi Tarpanam

Deva Rishi Pitru Tarpanam

MAHA SANKALPAM

THREAD CHANGING (POONAL MAARAL)

KANDARISHI THARPANAM

VEDHARAMBAM

Jayaadi Homam

GAYATRI JAPAM (On 17th August 2008)

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 17th Aug 2008)

THREAD CHANGING (POONAL MAARAL)

ACHAMANAM

ACHUDAYA NAMAHA ANANHAYA NAMAHA GOVINDAYA NAMAHA

KESHAVA NARAYANA MADHAVA GOVINDA VISHNO MADHUSUDHANA TRIVIKRAMA
VAAMANA SREEDHARA RISHIKESHA PADMANABHA DAMODARA

OM SUKLAMBHARADHARAM VISHNUM SSASSIVARNAM CHATHURBUJAM
PRASANNA VADHANAM DYAYETH, SARVA VIGNA UPASANTHAYE -

PRANAYAMAM - OM BHUHU, OM BHUVAHA, OGUM SUVAHA, OM MAHAHA, OM
JANAHA, OM THAPAHA, OGUM SATHYAM, OM THATSAVITHUR VARENYAM,
BARGODEVASYA DEEMAHI DHEEYO-YONA PRACHOTHAYAA AATH – OMAPA:
JYOTHIRASA: AMRUTHAM BRAHMA BHURBUVASUVAROM. (TOUCH THE RIGHT
HAND EAR).

SANKALPAM: MAMOPAKTHA SAMASTHA DHURITHA KSHAYADWAARA SREE
PARAMESWARA PREETHYARTHAM

SRAAVANYAAM POURNAMAASYAAM ADHYAAYA UPAAKARMA ANGAM

SROWTHA SMAARTHA VIHITHA NITYAKARMA ANUSHTAANA SADHACHARA
YOGYATHA SIDHYARTHAM

BRAHMATHEJO: ABI VRUDHYARTHAM YAJNOPAVEETHA DHAARANAM
KARISHYE.

YAJNOPAVEETHA DHAARANA MAHAMANTRASYA PARABRAHMA RISHIHI,
(TOUCH THE HEAD)

TRISHTUP CHANDHAHA (TOUCH THE NOSE)

PARAMATHMA DEVATHA (TOUCH THE CHEST).

YAJNOPAVEETHA DHAARANE VINIYOGAHA (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:

YAJNO PAVEETHAM PARAMAM PAVITHRAM PRAJAPATHE:

YATHU SAHAJAM PURASTHA ATHU

AAYUSHYAM AGRIYAM PRATHIMUNJA SHUBRAM

YAJNOPAVEETHAM BALAMASTHU THEJAH – HARI: OM (WEAR ONE POONAL).

YAJNO PAVEETHAM ----- HARI: OM (WEAR 2ND POONAL)

YAJNO PAVEETHAM ----- HARI: OM (WEAR 3RD POONAL)

ACHAMANAM

REMOVE THE OLD POONAL - SAY –

UPAVEETHAM BHINNATHANTHUM JEERNAM KASMALA DHOOSHITHAM

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

- OM THATSATHU BRAHMARPPANAM ASTHU.
- ACHAMANAM

SAMIDHADHANAM (Nityakarma Anushtana)

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

ACHAMYA: ACHUTHAYA NAMAHA - ANANTHAYA NAMAHA - GOVINDAYA NAMAHA

ANGA VANDHANAM - KESAVA-NARAYANA, MADHAVA-GOVINDHA, VISHNU-MADHUSOODHANA, TRIVIKRAMA-VAMANA, SRIDHARA-RISHIKESA, PADMANABHO-DAMODHARA.

VINAYAKAR VANDANAM - OM SUKLAM BHARADHARAM VISHNUM SASIVARNAM CHATHURBUJAM PRASANNA VADHANAM DYAAAYETH, SARVA VIGNA UPASANTHAYE

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

SANKALPAM: MAMOPAKTHA SAMASTHA DHURITHA KSHAYA DWARA SREE PARAMESWARA PREETHYARTHAM –

PRATHA SAMIDHADHANAM KARISHYE style=(IN THE EVENING SAY “SAYAM” INSTEAD OF PRATHA).

AAPA UPAS PRACHYA (TOUCH WATER) – LIGHT FIRE

BHOORBAVASSU VAROM AGNIM PRATISHTAABHYA

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

PRARTHANAI - PARITHWAGNE PARIMRUJAMI AAYUSHA CHA DHANENA CHA. SUPRAJA: PRAJAYA BHOOYASAM SUVEERO VEERAIHI, SUVARCHASAA: VARCHASAA, SUPOSHA: POSHAIHI, SUGRUHO GRIHAIHI, SUPATHI: PATHYAA: SUMEDHAA MEDHAYAA SUBRAHMA BRAHMMA CHARIBIHI.

OM BHOORBA VASSUVA: (Circle water around the fire)

- ATITE ANU MANYA SWAHA (TERKU – FROM BOTTOM TO UP) RIGHT
- ANUMATE ANU MANYA SWAHA (TERKKU TO VADAKKU – DOWN LEFT TO RIGHT)
- SARASWATE ANU MANYA SWAHA (VADAPURAM – LEFT DOWN TO UP)
- DEVA SAVITA PRASUVAHA (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 JATHAVEDHASE YATHA TWAM AGNE SAMIDHA SAMIDHYASE EVAM MAAM AAYUSHA VARCHASAA SANYAA MEDHAYAA PRAJAYAA PASUBIHI BRAHMA VARCHASENAA ANNADYENAA SAMEDHAYAA SWAHA AA
2. EDHO OSI EDHUSHEEMAH SWAHA AA
3. SAMIDHASI SAMEDHISHEEMAH SWAHA AA
4. TEJOSI THEJOMAH TEHI SWAHA AA
5. APO ATYAA ANWA CHARISHAM RASENAA SAMASRUKSH MAHI PAYASWAAN AGNA AAGAMAM THAM MA SAGUM SRUJA VARCHASAA SWAHA AA
6. TAMMAGNE VARCHASAA SRUJAA PRAJAYAA CHA DHANENA CHA SWAHA AA
7. VIDYUMNE ASYA DEVA: INDRO VIDYATH SAHARSHIBI: SWAHA AA
8. AGNAYE BRUHATHE NAGAAYA SWAHA AA
9. DYAAVA PRITHIVI BYA GUM SWAHA AA

10.ESHA TE AGNE SAMITHTHAYA VARDHASWACH ABHYA YASWA CHA DHAYAHUM VARDHAMANA: BHOUYASAM ABHYAAYA MANASCHA SWAHA AA

11.YOMA AGNE BAGINAGUM SANTHAM ATHA BAGAM CHIKEERUSHATHI ABAGAMAGNE THAM KURU MAMAGNE BAGINAM GURU SWAHA AA

12)SAMITHAMATHAYA AGNE SARVAVRITHO: BHUUYASAGUM SWAHA AA

- BHU SWAHA AGNAYA IDAM NAMAMA, BHUVA SWAHA - VAYAVA IDANNAMAMA, SUVA SWAHA - SURYAYA IDANNAMAMA

- OM BHOORBA VA SUVAHA SWAHA AA
- PRAJAA PATAYA IDANNAMAMA
- ATITE ANVAMAGUM STAA: (TERKKU – FROM BOTTOM TO UP – RIGHT)
- ANUMATE ANU MANYA STAA: (TERKKU TO VADAKKU – LEFT TO RIGHT – DOWN)
- SARASWATE ANU MANYA STAA: (VADAPURAM – FROM BOTTOM TO UP – LEFT)
- DEVA SAVITA PRAASAASVEEHI (Circle around the fire)

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

UPASTAANAM:

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

- YATHTHE AGNE THEJASTHENA AHAM THEJASWI BHUUYASAM
- YATHTHE AGNE VARCHASTENA AHAM VARCHASWI BHUUYASAM
- YATHTHE AGNE HARASTENA AHAM HARASWI BHUUYASAM

- MAYI MEDHAAM MAYI PRAJAAM MAYI AGNI: THEJO DHADHATHU
- MAYI MEDHAAM MAYI PRAJAAM MAYI INDRAHA INDRIYAM DHADHATHU - MAYI MEDHAAM , MAYI PRAJAAM MAYI SOORYA: BHRAJO DHADHATHU

- AGNAYE NAMAHA:

- MANTHRA HEENAM, KRIYA HEENAM, BHAKTHI HEENAM, HUTHASHANA, YADHUTANYU MAYAA DEVA PARIPOORNAM THADASTHUTE, PRAYASCHITHAANI ASHESHANI, THAPA: KARMAATHMA KANIVAI, YANITHESSHA ASHESHAANAAM SRI KRISHNA ANUSMARANAM PARAM - SRI KRISHNA, KRISHNA KRISHNA –

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

ABHIVAADAM (Follow yours)

ABHIVAADAYE KASHYAPAA AAVATSAARA NAIDHRUVAA TRIA HRSHEYAA
PRAVARAAN VITA NAIDHRRUVA KASHYAPA GOTRAHA APASTAMBA SUTRAHA
YAJUH SAAKHA ADDYAAHEE SRISARMANAHA 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)

RAKSHA MANTRAM:

MAANASTOKE THANAYE MANA AAYUSHI MANOGOSHU MAANO ASHWESHU
REERISHAHA, VEERANMANA: RUDRABHAMITHO VADHEE:, HAVISHMANTA:
NAMASA VIDHEMATHE.

- | | | |
|----|----------------------------|----------------|
| 1. | MEDHAVI BHOOYASAM | FOREHEAD |
| 2. | THEJASWI BHOOYASAM | CHEST/HEART |
| 3. | VARCHASWI BHOOYASAM | RIGHT SHOULDER |
| 4. | BRAHMA VARSHASWI BHOOYASAM | LEFT SHOULDER |
| 5. | AAYUSHMAN BHOOYASAM | NECK |
| 6. | ANNADHO BHOOYASAM | BACK NECK |
| 7. | SWASTI - BHOOYASAM | HEAD |

PRARTHANAI:

SRADHAM MEDHAM YACHA PRAGYAM VIDHYAM BHUDHIM SRIYAM BALAM
AAYUSHYAM THEJA AROGYAM DEHI ME HAVYA VAHANA - SRIYAM DEHI ME
HAVYA VAHANA OM NAMA ITI.

KAAYENA VAACHA MANASAA INRAIRVAA BUDHYAATMA NAABHAA PRAKRUTE
SVABHAAVAAT KAROMI YADYAT SAKALAM PARASMAI NARAINAITI
SAMARPAYAAMI

“ OM TATSATHU BRAHMARPPANA MASTHU.” (Put water in ground)

AACHAMANAM

KAMO KARSHEETHU JAPAM

OM SRI GURIBHYO NAMA: HARI: OM

OM GANAANAAM TWA GANAPATIGAM HAWAMAHE KAVIM KAVINAM
UPAMASRAVA STAMAM JYESHTARAJAM BRAHMMANAM BRHMANASPATHA AA
NAHA SRANVANN OOTI BHISEETHA SADANAM OM SHRI MAHA GANAPATHYE
NAMAHA

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

SRAAVANYAAM POURNAMAASYAAM ADHYAAYA UPAAKARMA ANGAM

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

AUM SUKLAM BARADHARAM VISHNUM SASHI VARNAM CHATHURBHUJAM
PRASANNA VADHANAM DYAAAYETH SARVA VIGNOPASSANTHAYE - OM BHUHU,
OM BHUVAHA, OM GUM SUVABA, OM MAHAHA, OM JANAHA, OM THAPAHA,
OOGUM SATHYAM OM THATSAVITHUR VARENYAM BARGO DEVASYA DEEMAHI
DHEEYO-YONA PRACHOTHAYAATH – OMAAPA: JYOTHEERASA: AMRUTHAM
BRAHMA BHURBUVASUVAROM OM OM OM.

MAMOPAKTHA SAMASTHA DHURITHAKASHAYADWARA SRI PARAMESWARA
PREETHYARTHAM –

THATHEVA LAGNAM SUDHINAM THADAIVA, THARAABALAM CHANDRABALAM
THADAIVAA, VIDHYAABALAM DAIVABALAM THATHEVAA, SRI LAKSHIPATHE
ANGRIYUGAM SMARAAMI - APAVITHRA PAVITHROVAA SARVAA VASTHAAM
GATHOPIVAA - YASMARETH PUNDAREEKAASHAM - SABAAHYA ABHYANTHARA
SUCHIHI,

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

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

ADHYA SRI BAGAVATHAHA, MAHA PURUSHASYA, VISHNOH AAGNAYA,
PRAVARTHAMAANASYA, SHUBHE DINE SHOBHANE MUHOORTHE ADYA
BRAHMANAHA, DWITHEEYA PARARDHE, SWETHA VARAHA KALPE,
VIVASWATHA MANWANTHARE, ASHTAAVIGUM SATHI THAME, 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 KHANDE),
MEROHO: DAKSHINE PAARSHWE (PASCHIME PAARSHWE) DANDAHAARANYE

SHAALIVAHANA SAKAABDE, ASMINNU VARTHAMAANE, VYAAVA HAARIKE,
PRABAVAADHEENAM SHASHTYA SAMVATSARAANAM MADHYE **SARVADHAARI
NAAMA** SAMVATSARE, **DAKSHINAAYANE**, GREESHMA RITHOW, KATAKA MASE,
SHUKLA PAKSHE, PAURNIMAASYAAM SHUBHATHITHOW VAASARAHA **STHIRA
VAASARA** YUKTHAAYAAM, **SRAVANA NAKSHATRA** YUKKTHAAYAAM,

SREEE VISHNU YOGA SRI VISHNU KARANA SUBAYOGA, SUBAKARANA, EVAM
GUNA SAKALA VISESHANA VISISHTAYAAM, ASYAAM VARTHAMAANAAYAAM
POURNIMAASYAAM SUBHATHITHOW MAMO PAKTA SAMSTA DURITA KSHYA
DWAARA SREE PARAMESHWARA PREETYARTHAM

- THAISHYAM POURNAVAASYA AM ADHYAAYA UTSARJANA AKARANA
PRAAYASCHITHARTHAM, ASHTOTHTHARA SAHASRA SANGYAYA (1008) OR
SHATA KANGYAYA (108) KAMOKARSHEETH MANURA KAARSHEETH ITI MAHA
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 KARSHEETH MANYURA KARSHEETH
NAMO NAMAHA" As soon as you finish 1008 times - remove the Pavithram and
do the Achamanam.

OHM TAT SAT BRAHMMARPANAM ASTHU

BRAHMAYAGYAM - ACHAMYA

AUM SUKLAM BARADHARAM VISHNUM SASI VARNAM CHATHURBHUJAM
PRASANNA VADHANAM DYAYETH SARVA VIGNOPASSANTHAYE –

OM BHUHU, OM BHUVAHA, OM GUM SUVAHA, OM MAHAHA, OM JANAHA, OM
THAPAHA, OOGUM SATHYAM OM THATSAVITHURVARENYAM BARGO DEVASYA
DEEMAHI DHEEYO-YONA PRACHOTHAYAATH – OMAAPA: JYOTHEERASO
AMRUTHAM BRAHMA BHURBUVASUVAROM OM OM OM.

MAMOPAKTHA SAMASTHA DHURITHA KASHAYADWARA SRI PARAMESWARA
PREETHYARTHAM - BRAHMAYAJNAM KARISHYE - BRAHMA YAJNENA YAKSHYE

VIDYUDASI VIDYAME PAAPMAANAM RUTHA AAT SATHYAM UPAIMI (CLEAN
HANDS WITH WATER)

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

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

HARI: OM ISHE TVORJE TWAA VAYAVASTHA UPAYAVASTHA DEVOVA: SAVITHA
PRAARPAYATHU SRESHTATHAMAAYAA KARMANE

HARI: OM AGNA AAYAAHI VEETHAYE GRUNAANAHAA HAVYADHAATHAYE NI
HOTHASATSI BARHISHI HARI: OM

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

OM BHURBAVASUVA (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)

OM NAMO BRAHMANE - NAMO ASTU AGNAYE, NAMA: PRITHIVYI, NAMA
OWSHADHEEBYAHA, NAMO VAACHE NAMO VAACHASPATHAYE NAMO
VISHNAVE BRIHATHE KAROMI (3 TIMES)

VRUSHTIRASI VRUSCHA ME PAAPMAANAM AMRUTHAATH SATHYAM UPAAAGAM
(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 - THHAN DEVAAN THARPAYAMI
- SARVAAN DEVAAN THARPAYAMI
- SARVA DEVA GANAAN THARPAYAMI
- SARVA DEVA PATHNEES THARPAYAMI
- SARVA DEVA GANAPATHNEES THARPAYAMI

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

SAY – "RISHI THARPANAM KARISHY"

- KRISHNA DWAIPAAYANA DAYAHA, YE RISHAYAHA – THHAN RISHEEN THARPAYAMI
- SARVAAN RISHEEN THARPAYAMI
- SARVA RISHI GANAN THARPAYAMI
- SARVA RISHI PATHNEES THARPAYAMI
- SARVA RISHI GANAPATHNEES THARPAYAMI
- PRAJAPATHIM KAANDARISHIM THARPAYAMI
- SOMAM KAANDARSHIM THARPAYAMI
- AGNIM KAANDARISHIM THARPAYAMI
- VISWAN DEVAAN KAANDARISHIM THARPAYAMI

Pour water from tips of fingers:

- SAAGUM HITHEER DEVATHA UPANISHADHA THARPAYAMI
- YAGNIKEER DEVATHA UPANISHADHA THARPAYAMI
- VAARUNEER DEVATHA UPANISHADA THARPAYAMI

Pour water from little finger:

- HAVYAVAHAM THARPAYAMI
- VISWAN DEVAAN KAANDARISHIM THARPAYAMI

Pour water by the bottom of the palm towards self:

- BRAHMANAM SWAYAMBUVAM THARPAYAMI

Pour water from little finger:

- VISWAN DEVAAN KAANDARISHIM THARPAYAMI
- ARUNAN KAANDARISHIM THARPAYAMI

Pour water from tips of fingers:

- SADASASPATHIM THARPAYAMI
- RIGVEDHAM THARPAYAMI
- YAJURVEDHAM THARPAYAMI
- SAAMAVEDHAM THARPAYAMI
- ATHARVANA-VEDHAM THARPAYAMI
- ITHIHASA PURANAM THARPAYAMI
- KALPAM THARPAYAMI
- VRUKSHAM THARPAYAMI

(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 ANGIRASWAN AGNIHI HAVYAVAAHANA
ITHYADHAYAHA YE PITHARAHA THHAN PITHRUN THARPAYAMI
- SARVAAN PITHRUN THARPAYAMI
- SARVA PITHRU GANAAN THARPAYAMI
- SARVA PITHRU PATHNEE: THARPAYAMI
- SARVA PITHRU GANA PATHNEE: THARPAYAMI
- OORJJAM VAHANTHI: AMRUTHAM GRITHAM PAYAHA KEELALAM
PARISRUTHAM SWADHAASTHA THARPAYATHUME
- MAMA PITHRUN THRUPYATHA, THRUPYATHA, THRUPYATHA....

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

MAHA SANKALPAM

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

AUM SUKLAM BARADHARAM VISHNUM SASHI VARNAM CHATHURBHUJAM
PRASANNA VADHANAM DYAYETH SARVA VIGNOPASSANTHAYE - OM BHUUHU,
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.

MAMOPAKTHA SAMASTHA DHURITHA KSHAYADWARA SRI PARAMESWARA
PREETHYARTHAM –

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

OM APAVITHRA: PAVITHROVAA SARVAA VASTHAAM GATHOPIVAA - YASMARETH
PUNDAREEKAAKSHAM - SABAHYAA ABHYANTHARA: SHUCHIHI:

MAANASAM VAACHIKAM PAAPAM - KARMANAA SAMUPAARJITHAM - SRI RAMA
SMARANENAIVA VYAPOHATHI NA-SAMSHAYAHA –

SRI RAMA, RAMA RAMA RAMA THITHIR VISHNUHU - THATHA VAARA:
NAKSHATRAM VISHNUREVACHAA YOGASCHA KARANAM CHAIVAA SARVAM
VISHNU MAYAM JAGATH_. SRI GOVINDAA, GOVINDA GOVINDAA –

ADYA SRI BAGAVATHAHA: MAHAAPURUSHASYA AADI VISHNOHO: AADI
NAARAYANASYA ACHINTHYAYAA APARIMITHAYAA SAKTHYAA
ABRIYAMAANASYAA MAHAA JALOWGASYAA MADHYE PARIBRAMATHAAM
ANEKA KOTI BRAHMAANDDAANAAM MADHYE YEKATHAME PRITHIVI
APTHEJAHA: VAAYU: AAKAASHA AHANGAARA MAHAD AVYAKTA AATMAKAIHI
AAVARANAIHI: AAVRUTHE ASMIN MAHATHI BRAHMAANDA KARANDA MANDALE
AADHAARA SAKTHI KOORMA VARAHA NANDATHI ASHTA DIGGAJOPARI
PRATHISHTITAANAAM

ATALA-VITALA-SUTHALA- RASAATTHALA THALAATHALA - MAHAATHALA-
PAATHAALA AKHYAANAAM SAPTHA LOKAANAAM OORDHWA BHAAGE
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 SURYA SARA SARPI DADHI
KSHEERA SUDHODAKA AARNAVAI: PARIVRUTHE JAMBU PLAKSHA PUSA
KROWNCHA SAKA SAALMALEE PUSHKARAAKHYA 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 PANCHAASATH 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 HAALAASYA GOKARNA ANANTASAYANA
GAYAA PRAYAAGAADI ANEKA PUNYA KSHETRA PARIVRUTE KAAVERI TEERE
SAKALA JAGATU SRUSHTU: PARAARDHA DWYA JEEVINA: BRAHMANA:
PRATHAME PARAARDHE PANCHAASATH ABDAATMIKE ATEETE DWETEEYE
PARAARDHE PANCHASSATH ABDAADOU PRATAME VARSHE PRATAME MAASE
PRATAME PAKSHE PRATAME DIWASE AHANI DWEETEEYE YAAME TRUTEYE
MUHOORTE PAARTIVA KOORMA PRALAYA ANANTA SWETAVARAHA BRAAHMA
SAAVITRI AAKHYE SAPTA KALPAANAAM MADHYE SWETA VARAHA KALPE
SWAAYAMBHUYA SWAAROCHISHA 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 PRAAJAAPATYA
BAARUSHAPATYA SOWRA CHAANDRA SRAVISHTA NAKSHATRA AAKHYA
NAVAMAANA MADHYA PARIGANITENAA SOWRA CHAANDRA MAANA DWAYENA
PRAVARTAMAANE PRABHAVA ADEENAAM SHASHTIYAH SAMVATSARAANAM
MADHYE **SARVADHARI NAAMA** SAMVATSARE, **DAKSHINAYANE**, **GREESHMA** RITHOW,
KATAKA MAASE, **SUKLA** PAKSHE, POURNIMAASYAAM SUBHATHITHOW – VAASARAHA
STHIRAVASARA YUKTHAYAAM, **SRAVANA** NAKSHATRA YUKTHAYAAM - SUBAYOGA,
SUBAKARANA SHUBA MUHURTE EVAM GUNA VISESHANA VISISHTAYAAM,
ASYAAM POURNIMAASYAAM SUBHATHITHOW MAMO PAKTHA SAMASTHA
DURITA KSHYA DWAADRA SREE PAREMESHWARA PREETHYARTHAM

ANAADHI AVIDYA VAASANAYA PRAVARTHAMAANE ASMIN MAHATHI SAMSAARA
CHAKRE VICHITRAABIHI KARMA GATHIBIHI VICHITRAASU YONISHU PUNA
PUNAHA ANEKADHA JANITHWA KENA API 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 VAARDHAKECHA 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
ANUMRUTATVA ADEENAAM ATI PAATAKAANAAM SOMAYAAGASTA KSHATRIA
VAISYA VADHADEENAAM SAMA PAATAKAANAAM GOVADHA ADEENAAM UP
PAATAKAANAAM MAARJARA VADHA ADEENAAM SANKALEE KARANAANAAM
KRIMI KEETA VADHA ADEENAAM MALINEEKARANAANAAM NINDITHA DHANAA
DHAANA UP JEEVA NAADEENAAM APAATHRI KARANAANAAM MADHYA

GHRAANA NAADEENAAM JAATI TAATI BHRAMSA KARAANAM VIHITAKARMA
THYAAGAADEENAAM ABIHITAKARMA AACHARANAANAAM
PRAKEERNAKAANAAM GNANATAHA SAKRUT KRUTAANAAM AGNAANATAHA
ASAKRUT KRUTAANAAM ATYANTA ABHYASTAANAAM NIRANTARA
ABHYASTAANAAM CHIRAKAALA ABHYASTAANAAM

PANKIBEDANA SWAAGABEDANA PARAANNABHOJANA SHOODRAPRESHYAA
HEENAJAADI TASYAA EVAM NAVAANAAM NAVAVIDHAANAAM BHOONAAM
BAHUVIDHANAAM SARVESHAAM PAAPAANAAM HAVYAHA APANODANA
DVAARAA SAMASTA PRAPAKSHYAARTHAM 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)

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.

THREAD CHANGING (POONAL MAARAL)

As before

KANDARISHI THARPANAM

ACHAMYA

OM SUKLAMBHARADHARAM VISHNUM SSASSIVARNAM CHATHURBUJAM
PRASANNA VADHANAM DHYAAAYETH, SARVA VIGNOPASANTHAYE -

PRANAYAMAM - 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:

MAMOPAKTA SAMASTA DURITAKSHYA DHWAARAA SREE PAREMESHWARA
PREETHYARTHAM

ADHYA PURVOKTHA EVAM GUNA VISESHANA VISISHTAYAAM ASYAAM
POURNAVASYAM SUBHATHITHOW - MAMOPAKTHA SAMSTHA
DHURITHAKSHAYADWARA SREE PARAMESWARA PREETHYARTHAM –

SRAAVANYAAM POURNAMASIAM PUNYAKALE ADYAAYA UPAAKARMA
KARMANGAM PRAAJAAPATHYADHI KAANDARSHI THARPANAM ADHYA
KARISHYE

TADANGAM SNAANAM KARISHEY

TADANGAM YAGNOPAVITHA DHARANAM KARISHYE

TADANGAM KANDARISHI 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

- PRAJAPATHIM KAANDARSHIM THARPAYAMI x 3
- SOMAM KAANDARSHIM THARPAYAMI x 3
- AGNIM KAANDARSHIM THARPAYAMI x 3

- VISWAAN DEVAAN KAANDARSHIM THARPAYAMI x 3
- SAAGUMHITHEER DEVATHA UPANISHADHA THARPAYAMI x 3
- YAJNIKEER DEVATHAA: UPANISHADHA THARPAYAMI x 3
- VARUNEER DEVATHAA: UPANISHADHA THARPAYAMI x 3

LIFT HAND UPWARD SO THAT WATER FLOWS DOWNWARDS FROM ANKLES:

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

(Put the Poonal as usual and do the Aachamanam)

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 PITHRUN THRIPYATHA, THRUPYATHA, THRUPYATHA

(PUT THE POONAL AS USUAL AND DO THE AACHAMANAM)

VEDARAMBHAM, MAHESHWARI SOOTRAM & JAYAADI HOMAM

The Vadhyar will conduct the above

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, TUBHYAMAHAM
SAMPRADADE

AASHIRWADAM MANTRAM FROM SASTRIGAL

PERFORM NAMASKARAM TO ALL ELDERS

SURYA NAMASKARA MANTRAM

SHUKLAM BARADHARAM VISHNUM SASHIVARNAM CHATURBHUJAM

PRASANNA VADANAM DHYAYETH SARVA VIGHNA UPASANTHAYE

OM BHU: OM BHUVA: O GUM SUVA: OM MAHA: OM JANA: OM TAPA: O
GUM SATYAM OM TATSA VITUR VAREY INYAM BHARGO DEVASYA
DHEEMAHI DHI YONA: PRACHODAYAAT OMAAPA: JYOTHIRASA:
AMRUTAM BRAHMMA BHURBA VASSU VAROM

MAMO PAKTA SAMASTA DURITAKSHYA DHWAARA SREE
PARAMESHWARA PREETHYARTHAM KARISHYA MANSYA
KARMAᅇA:NIRVIGHNENA PARI SAMAAPTYARTHAM AADOW
VIGNESHWARA POOJAM KARISHYE

APA UPA PRASHYA

OM GAᅇANAAM TWAA GANA PATIGAM HAWAAMAHE KAVIM KAVINAAM
MUPA SRAVASTAMAM JYESHTHA RAAJAM BRAHMMAᅇAAM
BRAHMAᅇASPATHA AANASH SRAᅇVANUTHI BHI SEEDA SADANAM

ASMIN_ HARIDRA BIMBE SUMUKHAM MAHAA GANAPATIM DHYAAYAAMI
MAHAA GANAPATIM AAWAHA YAAMI, AASANAM SAMARPA YAAMI,
PAADAYOHO PAADHYAM SAMARPA YAAMI, HASTAYOHO ADHRYAM
SAMARPA YAAMI, AACHAMANEEYAM SAMARPA YAAMI, OM BHURBA
VASSUVAHA SRAAPA YAAMI, SNAANAA NANTARAM AACHAMANEEYAM
SAMARPA YAAMI, VASTHRAARTHAM AKSHATAAN_ SAMARPA YAAMI,
UPAVEETARTHAM AKSHATAAN SAMARPA YAAMI, AABHARNAARTHAM
AKSHATAAN SAMARPA YAAMI, DIVYA PARIMALA Gandhaan
DHAARAYAAMI, HARIDRA KUMKUMAM SAMARPA YAAMI, AKSHATAAN
SAMARPA YAAMI, PUSHPAANI SAMARPA YAAMI.

OM SUMKUKHAAYA NAMA: OM EKA DANTAAYA NAMA: OM KAPILAAYA
NAMA: OM GAJA KARᅇAKAAYA NAMA: OM LAMBODARAAYA NAMA: OM
VIKATAAYA NAMA: OM VIGHNA RAAYA NAMA: ON VINAAKAAYA NAMA: OM
DHUMAKETAVE NAMA: OM GANAADHYAKSHAAYA NAMA: OM PHALA
CHANDRAAYA NAMA: OM GAJAANANAAYA NAMA: OM VAKRA TUNDAAYA
NAMA: OM SHURPA KARᅇAYA NAMA: OM HERAMBAYA NAMA: OM
SKANDA POORVAJAAYA NAMA: OM SIDHI VINAAYAKA SWAAMINE NAMA:
OM MITRAYA NAMA: OM RAVAYE NAMA: OM SURYAYA NAMA: OM
BHANAVE NAMA: ON KHAGAAYA NAMA: OM PUSHNE NAMA: OM HIRANYA
GARBHAYA NAMA: OM MAREECHAYE NAMA: OM AADITYAAYA NAMA: OM
SAVITRE NAMA: OM ARKAAYA NAMA: OM BHASKARAAYA NAMA: SREE
CHAYAA SUVARCHA LAAMBA SAMETA SREE SURYA NAARAAYANA
SWANINE NAMA: NAANAA VIDHA PARIMALA PATRA PUSHPAANI SAMAPA
YAAMI

DHUPA: DEEPA: NAIVEDHYAM OM BHURBA VASSUVA: TATSA VITHUR
VARE INYAM BHARGO DEVASYA DHEEMAHI DHIYOYANA: PRACHO
DAYAAT

DEVA SAVITA PRASUVA: SATYAM TURTE_NA PARISHINCHAAMI
AMRUTOPASTARANAMASI

OM PRAANAYA SWAHA, OM APAANAAYA SWAHA, OM VYAANAAYA
SWAHA, OM UDAANAAYA SWAHA, OM SAMAANAAYA SWAHA, OM
BRAHMANE SWAHWA

OM MAHAA GANAPATHAYE NAMA: KADALI PHALAADIKAM NIVEDAYAAMI

NIVEDANA ANANTARAM AACHAMANEEYAM SAMARPA YAAMI, MADHYE
MADHYE AMURTA PAANIYAM SAMARPA YAAMI, AMRUTAAPI
DHAANAMASI

HASTA PRAKSHAALANAM SAMARPA YAAMI, PAADA PRAKSHAALANAM
SAMARPA YAAMI, AACHAMANEEYAM SAMARPA YAAMI

PUGIFALA SAMAAYUKTAM NAAGA VALLI DALLAIR YUTAM KARPURA
CHOORNA SAMYUKTAM TAAMBOOLAM PRATI GRUHYATAAM,
TAAMBOOLAM NIVEDAYAAMI

TAT PURUSHAYA VID MAHE VAKRA TUNDAYA DHEEMAHI TANNO DANTI
PRACHO DAYAAT OM MAHAA GANA PATAYE NAMA: KARPURA
NEERANANAM SANDARSHA YAAMI, NEERA JANAA NANTARAM
AACHAMANEEYAM SAMARPA YAAMI, RAKSHAAM DHAARAYAAMI,
MANTRA PUSHPAM SAMARPA YAAMI, SARVOPA CHAARAN SAMARPA
YAAMI

VAKRA TUNDA MAHAA KAAYA SURYA KOTI SAMA PRABHA AVIGHNAM
KURU ME DEVA SARVA KAARYESHU SARVADAA

ITI PRARTHANA YETH

SURYANARAYANA POOJA SANKALPAM

Om SuklamPashanthaye
Om Bhohoo.....Rom
Mamo pakta.....Preethiartham
Sree chaayaa suvarcha laambaa sameta sree soorya narayana preethiartham
sree sooryanaarayana prasaada sidhyartham aayuraa romyaadhya beeshta
sidhyartham sree sooryanaaraayana pooja purassaram thrucha kalpena aruNa
prashnena cha sree soorya namaskaaraan_ karishey.
Apa upa prashchaya
Agajaanana padmaarkamam gajaanana marharnisham_ aneka dantam

bhaktaanaam ekadantam upasmahe
Asmaath haridraa bimbaat aavaahitam mahaa ganapatim yathasthanam
pratishapayaami
Shobanaarthe kshemaaya punaraagamanaaya cha ithi vighneshwaram
udhasayeth
Kalasham gandha pushpa akshatair abhyarcha
Kalashasya mukhe Vishnu: kanTe rudrassamaasrita:
Mule tatra sthitho brahma madhye matrugana: smruta:
Rigvedoatha yajurveda: saama vedo atharvavana:
angaischa sahita ssarve kalashaambu samaasrita:
Gange cha yamune chaiva godaavari sarasvati
Narmade sindhu kaaveri jale smin_ sannidhim kuru

Anen shudhodakena pooja dravyaani aatmaanam cha proksheth

KUMBHE VARUNA SURYANAARAYANA POOJA

OM ASYA SREE SURYA NAMASKAARA MAHAA MANTRASYA, KANVA
PURTRA: PRASKANNA RISHI: ANUSHTHUP CHANDA: SREE
SURYANAARAYANO DEVATA

HUAAM BEEJAM, HWEEM SHAKTI: HWHOOM KEELAKAM

SREE SURYA NAARAYANA PRASAADA SIDHYARTHE NAMASKAARE VINI
YOGA:

OM RASHMI MATE ANGUSHTAA BHYAAM NAMA:, OM TARJANEEBHYAAM
NAMA:, OM MADHYAMAA BHYAAM NAMA:, OM ANNAMIKAA BHYAAM
NAMA:, OM KANISHTHIKAA BHYAAM NAMA:, OM KARA TALA KARA
PRUSHTAABHYAAM NAMA:, OM HURDAYAYA NAMA:, OM SHIRASE
SWAHA, OM SHIKHAYAI VASHAT_, OM KAVACHAYA HUM, OM
NETRATHRAYA FAT_, OM ASTRAYA FAT_, OM BHURBAVASSUVARO MITI
DIGBANDHA:

DHYAANAM

UDAYA GIRI MUPETAM BHASKARAM PADMA HASTHAM

SAKALA BHUWANA NETRAM NUTNA RATNOPA DHEYAM

TIMIRA KARI MRUGENDRAM BODHAKAM PADMINEENAAM

SURU GURUM BHIVANDE SUNDARAM VISHWAROOPAM

LAM PRUTHIVYAATMANE GANDHAM SAMARPA YAAMI

HAM AKAASH AATMANE PUSHPAANI SAMARPA YAAMI

YAM VAY VYAATMANE DHOOPA MAADHRAAPA YAAMI

RAM AGNYAATMANE DEEPAM DARSHA YAAMI

VAM AMRUTAAT MANE AMRUTAM MAHAA NAIVEDHYAM NIVEDA YAAMI

SAM SARVAATMANE SARVO PACHAARA POOJAM SAMARPA YAAMI

MANTAPUSHPAM

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 VAAAYURVAA 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
NAKSHTRAANAAM AAYATANAM VEDA AAYATANAVVAN BHAVATI AAPO
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

AARATI MANTRA

OHM RAJADHI RAJAAYA 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

GAYATRI JAPAM (Aug 17TH 2008) - SUNDAY

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

AUM SUKLAM BARADHARAM VISHNUM SASSI VARNAM CHATHURBHUJAM
PRASANNA VADHANAM DYAYETH 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.

MAMOPAKTHA SAMASTHA DHURITHAKASHAYADWARA SRI PARAMESWARA
PREETHYARTHAM –

THATHEVA LAGNAM SUDHINAM THATHEVA, THARABALAM CHANDRABALAM
THATHEVA, VIDHYABALAM DAIVABALAM THATHEVA, SRI LAKSHIPATHE
AGRIYUGAM SMARAMI - APAVITHRA PAVITHROVA SARVA VASTHAM GATHOPIVA
- YASMARETH PUNDAREEKAKSHAM - SABAHYA ABHYANTHARA SUCHIHI,
MAANASAM VAACHIKAM PAPAM - KARMANAAM SAMUPARJITHAM - SRI RAMA
SMARANENAIVA VYAPOHATHI NA-SAM SAYAHA - SRI RAMA, RAMA RAMA -
THITHIR VISHNU - THATHA VARA NAKSHATRAM VISHNUREVACHA YOGASCHA
KARANAM CHAIVA SARVAM VISHNU MAYAM JAGATH SRI GOVINDA, GOVINDA
GOVINDA - AADYA SRI BAGAVATHAHA, MAHA PURUSHASYA, VISHNO
RAAJNAYA, PRAVARTHAMANASYA,

SHUBHE DINE SHOBHANE MUHURTE ADYA BRAHMANAHA, DWITHEEYA
PARADHE, SWETHA VARAHA KALPE, VAIVASWATHA MANWANTHARE,
ASHTAAVIGUM SATHITHAME, KALIYUGE, PRATHAME PADHE, JUMBOO DWEEPE
(For North America – KRAUNCHA DWEEPE), BHAARATHA VARSHE (For North
America – RAMANAKA VARSHE), BHARATHA KHANDE (For North America –
UTTARA OR GOTEERTHA KHANDE), MEROHO DAKSHINE PAARSHWE
DANDAAHARANYA SHAALIVAHANA SAKABDE, ASMINNU VARTHAMANE, VYAVA
HARIKE, PRABAVADHEENAM SHASHTYA SAMVATSARANAM MADHYE
SARVADHARI NAAMA SAMVATSARE, **DAKSHINAYANE**, **VARSHA** RITHOW,
SIMHA MASE, **KRISHNA** PAKSHE, ADHYA PRATHAMAAYAAM SUBHATHITHOW
VAASARAHA **BHANU VAASARA** YUKTHAYAAM, **SRAVISHTA** NAKSHATRA
YUKTHAYAAM – SRI VISHNU YOGA, SRIVISHNU KARANA, SUBAYOGA,
SUBAKARANA, EVAM GUNA VISESHANA VISISHTAYAAM, ASYAM
PRATHAMAAYAAM SUBHATHITHOW

THAISHYAM PRATHAMAAYAAM MITHYA DHEETHA DOSHA
PRAYASCHITHARTHAM, DHOSHAVATH APATHANEEYA PRAYASCHITHARTHAM
SAMVATSARA PRAYASCHITHARTHAM CHA ASHTOTHTHARA SAHASRA
SANGYAYA GAYATHRI MAHAMANTRA 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

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