

Sree Vigneswaraya Namaha

Yajur Upakarma 2010

AVANI AVITTAM - August 24th (Tuesday)

GAYATHRI JAPAM - August 25th (Wednesday)

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)

BRAHMAYAJNAM

Deva Rishi Tarpanam

Deva Rishi Pitru Tarpanam

MAHA SANKALPAM

THREAD CHANGING (POONAL MAARAL)

KANDARISHI THARPANAM

VEDHARAMBAM

Jayaadi Homam

GAYATRI JAPAM (On 25th August 2010)

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 25th Aug 2010)

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:

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 2ND POONAL)

YAGYO PAVEETHAM ----- HARI: OM (WEAR 3RD 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

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 DYAAAYETH, 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
- 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 EDHUSHEEMAHI SWAAHA AA
3. SAMIDHASI SAMEDHISHEEMAHI SWAAHA AA
4. TEJOSI THEJOMAHI 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
CHIKKEERUSHATHI ABHAAGAMAGNE THAM KURU MAAMAGNE
BHAAGINAGUM GURU SWAAHA AA

12) SAMITHAMAATHAYA AGNE SARVAVRUTHO: BHUUYAASAGUM SWAAHA
AA

- BHU SWAAHA AGNAYE IDAM NAMAMA, BHUVA SWAAHA - VAYAVAA
IDANNAMMAMAA, 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)
- SARASWATE ANU MANYA STAA: (VADAPURAM – FROM BOTTOM TO UP –
LEFT)
- DEVA SAVITA PRAASAASVEEHI (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 DEVAA PARIPOORNAM THADASTHUTE, PRAYAASCHITHAANI ASHESHAANI, THAPA: KARMAATHMA KANIVAI, YAANITHESHAAS HESHAANAAM 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 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 MAANA AAYUSHI MAANOGHOSHU MAANO ASHWESHU
 REERISHAHAA, VEERAANMANAHAA RUDRABHAAMITHO VADHEE:,
 HAVISHMANTAHAA NAMASAA VIDHEMATHE.

- | | | |
|----|-----------------------------|----------------|
| 1. | MEDHAAMI 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

GAYATRI JAPAM (Aug 25TH 2010) - 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
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 VARAAHA 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 **VIKRUTI NAAMA** SAMVATSARE,
DAKSHINAAYANE, **VARSHA** RITHOW, **SIMHA** MAASE, **KRISHNA** PAKSHE, ADHYA
PRATHAMAAYAAM SUBHATHITHOW **SOUMYA VAASARA** YUKTHAAYAAM,
SATHA BISHAK 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