श्रीः

श्रीमते निगमान्तमहादेशिकाय नमः
श्रीमान् वेङ्कटनाथार्यः कवितार्किककेसरी।
वेदान्ताचार्यवर्यो मे सन्निधत्तां सदा हृदि॥

śrīḥ

śrīmate nigamāntamahādeśikāya namaḥ
śrīmān veṅkaṭanāthāryaḥ kavitārkikakesarī।
vedāntācāryavaryo me sannidhattāṃ sadā hṛdi॥

॥ यजुर्वेद कालत्रय सन्ध्यावन्दनम् ॥

॥ *yajurveda kālatraya sandhyāvandanam* ॥

by

Sunder Kidambi

(with the blessings of

श्री रङ्गरामानुजमहादेशिकन्

***His Holiness śrīmad āṇḍavan of śrīraṅgam*)**

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Sri

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Srimathe Srinivasa Ramanuja Mahadesikaya Namaha
Srimathe Vedantha Ramanuja Mahadesikaya Namaha
Srimathe Ranganatha Mahadesikaya Namaha

Srimathe Srinivasa Mahadesikaya Namaha
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Date : 04.06.2007

Shreemathe Ranga Ramanuja Maha Desikayanamaha:

Performing 'Sandhyavandanam' is essential qualification to approve any brahmin as a 'Brahmin'. Perhaps this had been forgotten or not given importance by our own people for the past few decades. It is needless to go into reasons for this, but the fact remains. Fortunately a kind of resurgence has taken place among our youngsters, particularly who are to interact with other religious systems abroad in this regard. However it is a welcome change. Shree. Sundhar Kidambi is a young man hailing from a most revered family. By the benign grace of 'Acarya Padhukas' and most revered Acharya His Holiness Shrirangam Shreemath Andavan(Shreemushnam), Shree. Sundhar has chosen to publish a book on'Yajurvedha Sandhyavandanam' in English. His Holiness Shreemath Andavan feels that this is the right effort at the most appropriate time. Such books are sure to make youngsters interested in performing daily routines ordained by our ancestors. His Holiness blesses this effort and wishes our young people are benefited by this excellent work.

By order from.
His Holiness Shrirangam Shreemath Andavan.

Narasimharaghavan
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(viṣayasūcī)

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॥ कृतज्ञतार्पणम् ॥

॥ *kṛtajñatārpaṇam* ॥

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अस्मदाचार्यपर्यन्तां वन्दे गुरुपरंपराम्॥

lakṣmīnāthasamārambhāṃ nāthayāmunamadhyamām।
asmadācāryaparyantāṃ vande guruparaṃparām॥

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॥ अभिमुखम् ॥

॥ *abhimukham* ॥

(Foreword)

God is the absolute reality endowed with all auspicious and excellent attributes. He is the inner controller of all ***cit*** (beings) and ***acit*** (matter). The ***jīvātman*** enters the physical body appropriate to its past ***karma*** (actions) and transmigrates in the cycle of births and deaths (***saṃsāra***). God, out of compassion for the souls, bestows ***vedic*** knowledge through ***brahma*** and a lineage of saints and sages. The ***vedas*** discuss the nature of God, nature of souls, causes of ***saṃsāra*** and ways to get out of it.

Vedas prescribe several duties for individual souls to come out of this ***saṃsāra***. They are classified as ***nitya karmās***, or daily duties, and ***naimittika karmās***, or occasional duties. The much extoled ***sandhyāvandana*** comes under ***nitya karma***, or daily duties. We have ample references regarding ***sandhyāvandana*** in ***vedas***, ***smṛtis***, ***rāmāyaṇa***, ***mahābhārata*** and ***viṣṇu purāṇa***. The reference to ***sandhyāvandana*** in ***kṛṣṇa yajurveda*** is as follows

उद्यन्तमस्तंयन्तमादित्यमभिध्यायन्कुर्वन्ब्राह्मणो विद्वान्त्सकलं भद्रमश्नुते-ऽसावादित्यो ब्रह्मेति ब्रह्मैव सन्ब्रह्माप्येति य एवं वेद॥

udyantámastaṃyantámādityamábhidhyāyankurvanbrāhmaṇo vidvānthsakalaṃ bhadramáśnute'sāvā́dityo brahmeti brahmaiva sanbrahmāpyeti ya evaṃ vedá॥

The procedure of worship ordained here is by offering ***arghya*** at the time of sunrise and sunset while meditating on ***āditya*** (sun god) and chanting ***gāyatrī***.

Aditya represents pure ***satva*** characteristics and it is He who looks after the health of the entire world. The individual soul is enveloped with ***rajo guṇa*** and ***tamo guṇa***. These adverse vices can be wiped out by offering ***arghya*** to the Almighty God in the form of sun and meditating on ***gāyatrī***.

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Worship through ***arghya*** is a process by which ***āditya*** within us can be invoked and whose qualities can be acquired. ***Vedas*** declare that ***āditya*** in the sky and the ***āditya*** within our body is one and the same. The ***vedic*** statement runs like this.

स य एषौऽन्तर्हृदय आकाशः।
sa ya eṣo''ntarhṛdaya ākāśaḥ ।

स यश्चायं पुरुषे। यश्चासावादित्ये। स एकः।
sa yaścāyaṃ puruṣe। yaścāsāvādityе। sa ekaḥ ।

Therefore, offering ***arghya*** definitely has the effect on one who offers it.

Taittirīyopaniṣad also says

मन्देहाऽरुणे द्वीपे प्रक्षिपन्ति यत्प्रदक्षिणं ...
mandehā'ruṇe dvīpe prakṣipanti yatpradakṣiṇaṃ ...

The meaning is that the ***arghya*** offered from the palms of the worshipper destroys demons known as ***mantehās*** attacking the sun. This statement in the ***veda*** has a great significance.

Vedas are referred to as ***trayī***, that is, ***vedic*** statements have three meanings, namely, external, internal and philosophical. Among them, the philosophical meaning is important. The element of sun in our body is clouded by our ***rajo guṇa*** and ***tamo guṇa***. The ***arghya*** offered at the feet of ***āditya*** at sunrise and sunset will help free the individual soul from the above-mentioned evil qualities. The word in the ***vedic*** statement ***mantehās*** refers to the devils in our body. ***Iśāvāsya upaniṣad*** of ***śukla yajurveda*** and ***chāndogya upaniṣad*** refer to ***āditya vidyā***, that is, ***sandhyāvandana***.

The entire process of ***sandhyāvandana*** is centered around ***arghya pradāna*** and ***gāyatrī japa***. In addition to this, ***ācamana, mārjana, āsana, prāṇāyāma*** and ***upasthāna*** are also important.

The ***gāyatrī mantra*** is a very powerful one. All ***vedas*** extol the efficacy of ***gāyatrī mantra***. There is no ***vedic yāga*** in which this great

mantra is not used. This ***mantra*** has the efficacy of destroying all types of sins and bestows all auspicious things. This definitely protects the chanter. She is the mother of all ***mantras***. The essence of ***jagatī*** and ***triṣṭup chandas*** is included in ***gāyatrī***. She is the embodiment of Almighty Himself. ***Sandhyāvandana*** includes ***āditya vidya*** and ***gāyatrī japa***. Through this ***japa*** of ***gāyatrī***, one can attain liberation. By performing ***sandhyāvandana*** at the stipulated period, one gets ***brahma sāyujyam***. Thus says ***veda***.

Acharya Saṅkara extols the ***gāyatrī japa*** in many places. The ***guruparamparā***, a biographical work of ***śrīvaiṣṇava ācāryas***, records that ***ācārya rāmānuja*** was offering ***arghya*** in ***sandhyāvandana*** being supported by two persons even at the ripe age of 120.

Sunder Kidambi, the author of this book, ***yajurveda kālatraya sandhyāvandanam***, is born in the lineage of ***Śrī Kidāmbi Acān*** who was serving ***Bhagavad Rāmānuja*** as his cook. The great preceptor of ***Śrī Vedānta Deśika***, that is, ***Atreya Rāmānuja***, also belongs to this great lineage. The illustrious ***Śrī Arasāṇipālai Venkaṭāḍhvari***, a 16th century poet, who wrote works like ***Viśvaguṇadarśa Campu***, ***Śrī Rāghavayādavīyam*** and ***Śrī Lakṣmīsahasram*** is a beacon in this lineage. Sunder Kidambi is a blessed person who has written this beautiful handbook on ***sandhyāvandana*** that is very informative and contains all important aspects of ***sandhyāvandana*** in detail. For those who desire to obtain the grace of the Almighty, performance of ***sandhyāvandana*** is essential. In this direction, Sunder Kidambi has rendered yeoman service to devotees who desire to perform ***sandhyāvandana***. Let all auspicious blessings come to Sunder Kidambi by the grace of ***Divya Dampatīs Śrī Lakṣmīnārāyaṇa***.

Tarka Vedānta Vidvān
Dr. M.E. Rangachar
May 16, 2007.

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श्रीः
श्रीमते रामानुजाय नमः
श्रीमते निगमान्तमहादेशिकाय नमः

śrīḥ
śrīmate rāmānujāya namaḥ
śrīmate nigamāntamahādeśikāya namaḥ

॥ प्रस्तावना ॥

॥ *prastāvanā* ॥

(Introduction)

सन्ध्याहीनोऽशुचिर्नित्यं अनर्हस्सर्व कर्मसु।
यदन्यत् कुरुते कर्म न तस्य फलभाग्भवेत्॥

sandhyāhīno'śucirnityaṃ anarhassarva karmasu।
yadanyat kurute karma na tasya phalabhāgbhavet॥

He who does not perform** sandhyāvandanam **every day is ever impure and, consequently, unfit to perform any** vedic **rites. Whatever other rites he may perform, he will not obtain the fruit thereof.

Duties prescribed to individuals in ***vedas*** are classified as ***nitya karmā,*** or daily duties, and ***naimittika karmā,*** or occasional duties. ***Sandhyā-vandanam*** is a ***nitya karmā*** and, hence, has to be performed daily. It is, in fact, to be performed at the appropriate times as ***bhagavadājñā kaiṅkaryam,*** that is, as a matter of service rendered to God by way of obeying His command. In ***viṣṇu dharma,*** Lord ***viṣṇu*** says

श्रुतिः स्मृतिः ममैवाज्ञा यस्यां उल्लङ्घ्य वर्तते।
आज्ञाच्छेदी मम द्रोही मद्भक्तोपि न वैष्णवः॥

śrutiḥ smṛtiḥ mamaivājñā yasyāṃ ullaṅghya vartate।
ājñācchedī mama drohī madbhaktopi na vaiṣṇavaḥ॥

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The vedas and the treatises thereunder, that is, smṛtis, convey My commands. Whoever violates them, commits treason. Even if he be My devotee, he is by no means a vaiṣṇava.

Sandhyāvandanam refers to the worship of sun during ***sandhyā***, the meeting point of day and night, and, fore and after noon. The prayer at sunrise is called ***prātaḥ sandhyāvandanam***, that at noon is called ***mādhyāhnika sandhyāvandanam***, and that at sunset is called ***sāyaṃ sandhyāvandanam***. Thus, ***sandhyāvandanam*** is performed three times in a day.

The benefits of ***prātaḥ sandhyāvandanam*** are most (or maximum) when performed before sunrise and stars are visible, average when performed before sunrise but stars have disappeared, poor after sunrise, as described by the following verse.

उत्तमा तारकोपेता मध्यमा लुप्ततारका।
अधमा सूर्यसहिता प्रातः सन्ध्या त्रिधा स्मृता॥

uttamā tārakopetā madhyamā luptatārakā।
adhamā sūryasahitā prātaḥ sandhyā tridhā smṛtā॥

For ***mādhyāhnika sandhyāvandanam***, it is best when the sun is right above your head at noon, as described by

मध्याह्ने मध्यभास्कराम्।

madhyāhne madhyabhāskarām।

Similarly for ***sāyaṃ sandhyāvandanam***, it is best before sunset, average after sunset but before stars appear and poor after stars appear, as described by the following verse.

उत्तमा सूर्यसहिता मध्यमा लुप्तभास्करा।
अधमा तारकोपेता सायं सन्ध्या त्रिधा स्मृता॥

uttamā sūryasahitā madhyamā luptabhāskarā।
adhamā tārakopetā sāyaṃ sandhyā tridhā smṛtā॥

Ideally, the ***prātaḥ sandhyāvandanam*** should be started before sunrise and concluded at sunrise. Similarly the ***sāyaṃ sandhyāvandanam*** should be started before sunset and concluded at sunset (local time). These timings are from considerations of maximum benefit. However, it is important to note that benefits will be there even when there are departures and this has been recognized in the ***smṛtis***. As a part of ***sandhyāvandanam***, ***mantras*** associated with atonement are incorporated by way of ***prāyaścitta arghyam***. Every individual, who has undergone ***upanayanam***, the sacred thread ceremony, should therefore strive to perform ***sandhyāvandanam*** at a time as close to sunrise or sunset as possible but should not give it up due to circumstances. A person who is unwell can also perform ***sandhyāvandanam*** mentally without water. In the event of long journeys when it is inconvenient to perform ***sandhyāvandanam***, the entire procedure can be done mentally, irrespective of the dress one is wearing. This is called ***mānasika sandhyāvandanam***. Also, in the present-day world we are in, it is sometimes not practical to perform ***mādhyāhnika sandhyāvandanam*** at the prescribed time and place. In such circumstances, ***mādhyāhnika sandhyāvandanam*** can be performed soon after ***prātaḥ sandhyāvandanam***.

Each ***sandhyāvandanam*** is done after taking a normal bath of pouring adequate amount of water over your body, from head to foot. This is called ***vāruṇa snānam***. Although there are other forms of physical baths recognized in the ***vedas***, there is also one that can be performed mentally without water. This is called ***mānasika snānam***. In the present-day world, it may not be practical to perform ***vāruṇa snānam*** before each ***sandhyāvandanam***. In such circumstances, ***mānasika snānam*** can be substituted. For ***mānasika snānam***, mentally comprehend the Lotus Feet of the Lord and imagine that the sacred water of the ***virajā*** (heavenly river) from His feet flowing all over your body. Recite the hymn below and sprinkle water over your head.

अपवित्रः पवित्रो वा सर्वावस्थां गतोऽपि वा।
यः स्मरेत् पुण्डरीकाक्षं स बाह्याभ्यन्तरः शुचिः॥

apavitraḥ pavitro vā sarvāvasthāṃ gato'pi vā।
yaḥ smaret puṇḍarīkākṣaṃ sa bāhyābhyantaraḥ śuciḥ॥

As mentioned earlier, ***sandhyāvandanam*** is performed by an individual after ***upanayanam*** which is a ***vedic*** ritual that includes wearing of ***yagnopavītam***, the sacred thread, and initiation into the ***gāyatrī mantram***. The term ***upanayanam*** consists of two words, namely, ***upa***, meaning near, and ***nayanam***, meaning to fetch. The significance of the term ***upanayanam*** is that a teacher leads, or initiates the student towards the enquiry into the nature of ***brahman***, or the Supreme Deity. To denote the importance of this aspect of the ***upanayanam*** sacrament, it is sometimes called ***brahmopadeśam***, even though it is just one of the events in the ***upanayanam ceremony***. The sacred function of ***upanayanam*** is an important milestone in the life of the student, namely, it initiates him towards the study of the ***vedas***. According to the ***vedas*** and ***smṛtis***, the prescribed age of ***upanayanam*** for ***brāhmins*** is seven. The age, however, should not exceed sixteen in any case.

Gāyatrī mantra has been bestowed the greatest importance in ***vedic dharma***. It is the most hallowed ***mantra*** of the ***vedas*** and is considered the mother of all ***mantras***. The performance of ***gāyatrī japam***, which is an integral part of ***sandhyāvandanam***, protects the individuals from the malefic effects of sins and expiation. It is a prayer to the sun god to alleviate one from all human sins and to bestow knowledge, health and longevity. According to ***Parāśara***, one who performs ***gāyatrī japam*** with devotion becomes pure and gets liberated. A person who does not recite the ***gāyatrī mantram*** cannot be considered to be a ***brāhmin***, even if he has read the ***vedas***, ***śāstras*** and ***purāṇas***. Amongst the many definitions of ***gāyatrī***, one of it is

गायन्तं त्रायते इति गायत्री
gāyantaṃ trāyate iti gāyatrī

which means that it is one which protects the person who chants or recites it.

Lord ***viṣṇu*** is also called ***yajñaḥ***, as the ***yajñas***, the sacrificial rites, are all dedicated to Him. The word ***upavītam*** means that which surrounds. Consequently, the word ***yajñopavītam*** is a thread that surrounds Lord ***viṣṇu***, the in-dweller or ***antaryāmi***. In light of this, the ***yajñopavītam*** can be viewed as the thread that goes round the heart-region (which is the seat of ***antaryāmi***) over the left shoulder down to the navel and back to the left shoulder via the back. The ***yajñopavītam*** comprises of three strands knotted together. This symbolizes the conjunction of the three fundamental entities, namely, ***cit***, (the sentient being - individual soul) ***acit*** (the non-sentient matter - body) and ***īśvara*** (the in-dweller) in an inseparable combination. The ends of the knot of the ***yajñopavītam*** should point upwards to signify the final goal in view, namely, ascent to the Lotus Feet of Lord ***viṣṇu*** in His transcendental abode. In addition, it should be close to the heart, the seat of ***antaryāmi***.

We are happy to release this book on the occasion of the ***upanayanam*** of ours sons Chi. Mukund Kidambi and Chi. Sriram Kidambi on June 18, 2007 in the auspicious presence of His Holiness ***Śrī Raṅgapriyā Mahādeśikan svāmi***. In this book, we have provided a fairly detailed procedure for performing ***yajurveda kālatraya sandhyāvandanam***, that is, the ***sandhyāvandanam*** during three times of the day. It is certainly not a substitute for learning the ***sandhyāvandanam*** under an ***ācarya*** or a qualified teacher. The intention of this book is to serve more as a memorabilia than a guide, although one could benefit from the procedures pertaining to ***sandhyāvandanam*** performed during the three times of the day and ***mantrās*** presented here with proper accents.

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॥ प्रातः सन्ध्यावन्दनम् ॥

॥ *prātaḥ sandhyāvandanam* ॥

(Morning sandhyavandanam)

आचमनम्	⋆⋆⋆⋆⋆ **1** ⋆⋆⋆⋆⋆	*ācamanam*

Facing east, sit in ***kukkuṭāsana,*** hold a small vessel of water in your left hand and fold your right palm in such a way that the little finger, ring finger and middle finger are stretched while the index finger is bent inwards to accommodate a small amount of water in the hollow of your right palm, as shown in Figure 1. Then, follow the items presented in Table 1.

Figure 1: Posture for *ācamanam.*

Action	Mantra to recite
Pour a small amount of water in your right palm and swallow (not sip)	ओं अच्युताय नमः *oṃ acyutāya namaḥ*
Repeat the above action	ओं अनन्ताय नमः *oṃ anantāya namaḥ*
Repeat the above action	ओं गोविन्दाय नमः *oṃ govindāya namaḥ*

Table 1: *ācamanam-1*

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After that, wash your right hand and wipe your lips with your right thumb. You should move the thumb from right to left. Again, wash your right hand with water. Now, follow the items presented in Table 2.

Action	Mantra to recite
Touch right cheek with right thumb	ओं केशवाय नमः *oṃ keśavāya namaḥ*
Touch left cheek with right thumb	ओं नारायणाय नमः *oṃ nārāyaṇāya namaḥ*
Touch right eye with right ring finger	ओं माधवाय नमः *oṃ mādhavāya namaḥ*
Touch left eye with right ring finger	ओं गोविन्दाय नमः *oṃ govindāya namaḥ*
Touch right side of nose with right index finger	ओं विष्णवे नमः *oṃ viṣṇave namaḥ*
Touch left side of nose with right index finger	ओं मधुसूदनाय नमः *oṃ madhusūdanāya namaḥ*
Touch right ear with right little finger	ओं त्रिविक्रमाय नमः *oṃ trivikramāya namaḥ*
Touch left ear with right little finger	ओं वामनाय नमः *oṃ vāmanāya namaḥ*
Touch right shoulder with right middle finger	ओं श्रीधराय नमः *oṃ śrīdharāya namaḥ*
Touch left shoulder with right middle finger	ओं हृषीकेशाय नमः *oṃ hṛṣīkeśāya namaḥ*
Continued ...	

Action	Mantra to recite
Touch navel with all right fingers	ओं पद्मनाभाय नमः *oṃ padmanābhāya namaḥ*
Touch top of the head with all right fingers	ओं दामोदराय नमः *oṃ dāmodarāya namaḥ*

Table 2: *ācamanam-2*

The *ācamanam* described above must be performed twice.

प्राणायामम्	⋆⋆⋆⋆⋆ **2** ⋆⋆⋆⋆⋆	*prāṇāyāmam*

Close your left nostril with your right hand little and ring fingers and release the air within your lungs through the right nostril slowly. Next, close your right nostril with your right hand thumb while simultaneously opening the left nostril and inhale through your left nostril to fill up your lungs. Next, close your left nostril with your right hand little and ring fingers so that both your nostrils are now closed, as shown in Figure 2. With your mouth and eyes closed, mentally recite the following, three times.

ओं भूः। ओं भुवः। ओग्ं सुवः। ओं महः। ओं जनः। ओं तपः। ओग्ं सत्यम्। ओं तत् सवि॒तुर्वरे॑ण्यं॒ भर्गो॑ दे॒वस्य॑ धीमहि। धियो॒ यो नः॑ प्रचो॒दया॑त्। ओमापो॒ ज्योती॒ रसो॒ऽमृतं॒ ब्रह्म॒ भूर्भुव॒स्सुव॒रोम्॥

oṃ bhūḥ। oṃ bhuvaḥ। oṃ̃ suvaḥ। oṃ mahaḥ। oṃ janaḥ। oṃ tapaḥ। oṃ̃ satyam। oṃ tat sáviturvare॑ṇyaṃ bhargó devasyá dhīmahi। dhiyo yo náḥ pracodayā॑t। omāpo jyotī rasó'mṛtaṃ brahma bhūrbhuvassuvarom॥

After that, open your right nostril and release the air held within your lungs slowly. Then, touch your right ear with the fingers of your right hand.

Figure 2: Postures for ***prāṇāyāmam.***

सङ्कल्पम्	⋆⋆⋆⋆⋆ **3** ⋆⋆⋆⋆⋆	***saṅkalpam***

Place your left hand on your right thigh with your left hand palm facing upwards. Then place your right hand on top of your left hand covering your left hand palm as shown in Figure 3. This is the posture for ***saṅkalapam.***

Figure 3: Posture for ***saṅkalpam.***

Now, recite

श्री भगवदाज्ञया श्रीमन्नारायण प्रीत्यर्थं प्रातः सन्ध्यां उपासिष्ये।

śrī bhagavadājñayā śrīmannārāyaṇa prītyarthaṃ prātaḥ sandhyāṃ upāsiṣye।

सात्विक त्यागम्	⋆⋆⋆⋆⋆ **4** ⋆⋆⋆⋆⋆	***sātvika tyāgam***

With both your hands in ***añjali mudrā*** (that is, ***namaste*** position), recite

भगवानेव स्वनियाम्य स्वरूपस्थिति प्रवृत्ति स्वशेषतैक रसेन अनेन आत्मना कर्त्रा स्वकीयैश्च उपकरणैः स्वाराधनैक प्रयोजनाय परमपुरुषः सर्वशेषी श्रियः

पतिः स्वशेषभूतं इदं प्रातः सन्ध्यावन्दनाख्यं कर्म स्वस्मै स्वप्रीतये स्वयमेव कारयति॥

bhagavāneva svaniyāmya svarūpasthiti pravṛtti svaśeṣataika rasena anena ātmanā kartrā svakīyaiśca upakaraṇaiḥ svārādhanaika prayojanāya paramapuruṣaḥ sarvaśeṣī śriyaḥ patiḥ svaśeṣabhūtaṃ idaṃ prātaḥ sandhyāvandanākhyaṃ karma svasmai svaprītaye svayameva kārayati॥

प्रोक्षणम्	⋆⋆⋆⋆⋆ 5 ⋆⋆⋆⋆⋆	*prokṣaṇam*

Follow the items presented in Table 3.

Action	Mantra to recite
Touch top of the head with right fingers	आपोहिष्ठेति मन्त्रस्य सिन्धुद्वीप ऋषिः *āpohiṣṭheti mantrasya sindhudvīpa ṛṣiḥ*
Touch tip of the nose with right fingers	देवी गायत्री छन्दः *devī gāyatrī chandaḥ*
Touch chest with right fingers	आपो देवता *āpo devatā*
With hands in *añjali mudrā*	अपां प्रोक्षणे विनियोगः *apāṃ prokṣaṇe viniyogaḥ*

Table 3: *nyāsaṃ* for *prokṣaṇaṃ*

Now, follow the items presented in Table 4.

Action	Mantra to recite
With your right fingers sprinkle some water on your head	ओं भूर्भुव॒स्सु॑वः *oṃ bhūrbhuva̱ssuváḥ*
Repeat the above action	तत्स॑वि॒तुर्वरे॑ण्यं॒ भर्गो॑ दे॒वस्य॑ धीमहि *tatsáv̱iturvarēṇ̈ya̱ṃ bhargó de̱vasyá dhīmahi*
Repeat the above action	धियो॒ यो नः॑ प्रचो॒दया॑त् *dhiyo̱ yo náḥ pracо̱dayā̈t*

Table 4: Prelude to *prokṣaṇa mantram*

Then, follow the items presented in Table 5.

Action	Mantra to recite
With your right fingers sprinkle some water on your head	आपो॒ हिष्ठा म॑यो॒ भुवः॑ *āpo̱ hiṣṭhā máyo̱ bhuváḥ*
Repeat the above action	ता न॑ ऊ॒र्जे द॑धातन *tā náḥ ū̱rje dádhātana*
Repeat the above action	म॒हे रणा॑य॒ चक्ष॑से *ma̱he raṇā́ya̱ cakṣáse*
Repeat the above action	यो वः॑ शि॒वत॑मो॒ रसः॑ *yo váḥ śi̱vatámo̱ rasáḥ*
Repeat the above action	तस्य॑ भाजयते॒ह नः॑ *tasyá bhājayate̱ha náḥ*
Repeat the above action	उ॒श॒तीरि॑व मा॒तरः॑ *u̱śa̱tīríva mā̱taráḥ*
Continued ...	

Action	Mantra to recite
Repeat the above action	तस्मा॒ अर॑ङ्गमाम वः *tasmā̱ aráṅgamāma vaḥ*
With your right fingers sprinkle some water on your knees	यस्य॒ क्षया॑य॒ जिन्व॑थ *yasya̱ kṣayā́ya̱ jinvátha*
With your right fingers sprinkle some water on your head	आपो॑ ज॒नय॑था च नः *āpó ja̱nayáthā ca naḥ*
With your right fingers sprinkle some water around your head	ओं भूर्भु॒वस्सु॑वः *oṃ bhūrbhuva̱ssuváḥ*

Table 5: *prokṣaṇa mantram*

प्राशनम् ⋆⋆⋆⋆⋆ 6 ⋆⋆⋆⋆⋆ *prāśanam*

Follow the items presented in Table 6.

Action	Mantra to recite
Touch top of the head with right fingers	सूर्यश्चेत्यनुवाकस्य अग्निर् ऋषिः *sūryaścetyanuvākasya agnir ṛṣiḥ*
Touch tip of the nose with right fingers	देवी गायत्री छन्दः *devī gāyatrī chandaḥ*
Touch chest with right fingers	सूर्यो देवता *sūryo devatā*
With hands in *añjali mudrā*	अपां प्राशने विनियोगः *apāṃ prāśane viniyogaḥ*

Table 6: *nyāsaṃ* for *prāśanam*

Take a small amount of water in the hollow of your right palm and recite

सूर्यश्च मा मन्युश्च मन्युपतयश्च मन्यु॑ कृते॒भ्यः। पापे॒भ्यो॑ रक्षन्ताम्। यद्रात्रिया पाप॑मकार्षम्। मनसा वाचा॑ हस्ता॒भ्याम्। पद्भ्यामुदरे॑ण शि॒श्ना। रात्रि॒स्तदव॑लुम्पतु। यत्किञ्च॑ दुरि॒तं मयि॑। इदमहं माममृ॑त यो॒नौ। सूर्ये॑ ज्योतिषि जु॒होमि॑ स्वा॒हा॥

sūryaśca mā manyuśca manyupatayaśca manyú kṛte̲bhyaḥ। pāpebhyó rakṣa̲ntām। yadrātriyā pāpámakā̲rṣam। manasā vācā́ hasta̲bhyām। padbhyāmudaréṇa śi̲śnā। rātri̲stadávalu̲mpatu। yatkiñcá duri̲taṃ mayí। idamahaṃ māmamṛ́ta yo̲nau। sūrye jyotiṣi juhómi sva̲hā॥

Now, swallow the water in your right palm and perform *ācamanam* as described in Section 1.

पुनः प्रोक्षणम् ⋆⋆⋆⋆⋆ 7 ⋆⋆⋆⋆⋆ *punaḥ prokṣaṇam*

Follow the items presented in Table 7.

Action	Mantra to recite
Touch top of the head with right fingers	दधिक्रावण्ण इति मन्त्रस्य वामदेव ऋषिः *dadhikrāvṇṇa iti mantrasya vāmadeva ṛṣiḥ*
Touch tip of the nose with right fingers	अनुष्टुप् छन्दः *anuṣṭup chandaḥ*
Touch chest with right fingers	दधिक्रावा देवता *dadhikrāvā devatā*
With hands in *añjali mudrā*	अपां प्रोक्षणे विनियोगः *apāṃ prokṣaṇe viniyogaḥ*

Table 7: *nyāsaṃ* for *punaḥ prokṣaṇaṃ*

Then, follow the items presented in Table 8.

Action	Mantra to recite
With your right fingers sprinkle some water on your head	दधिक्रावण्णो अकारिषम् *dadhikrāvṇṇó akāriṣam*
Repeat the above action	जिष्णोरश्वस्य वाजिनः *jiṣṇoraśvásya vājináḥ*
Repeat the above action	सुरभि नो मुखाकरत् *surabhi no mukhākarat*
Repeat the above action	प्रण आयूग्षि तारिषत् *praṇa āyūṁ̃ṣi tāriṣat*
Repeat the above action	आपो हिष्ठा मयो भुवः *āpo hiṣṭhā máyo bhuváḥ*
Repeat the above action	ता न ऊर्जे दधातन *tā ná ūrje dádhātana*
Repeat the above action	महे रणाय चक्षसे *mahe raṇáya cakṣáse*
Repeat the above action	यो वः शिवतमो रसः *yo váḥ śivatámo rasáḥ*
Repeat the above action	तस्या भाजयतेह नः *tasyá bhājayateha náḥ*
Repeat the above action	उशतीरिव मातरः *uśatīríva mātaráḥ*
Continued ...	

Action	Mantra to recite
Repeat the above action	तस्मा॒ अर॑ङ्गमाम वः *tasmā̱ aráṅgamāma vaḥ*
With your right fingers sprinkle some water on your knees	यस्य॒ क्षया॑य॒ जिन्व॑थ *yasya̱ kṣayā́ya̱ jinvátha*
With your right fingers sprinkle some water on your head	आपो॑ ज॒नय॑था च नः *āpó ja̱nayáthā ca naḥ*
With your right fingers sprinkle some water around your head	ओं भूर्भु॒व॒स्सु॒वः॑ *oṃ bhūrbhuva̱ssuváḥ*

Table 8: *punaḥ prokṣaṇa mantram*

अर्घ्य प्रदानम् ⋆⋆⋆⋆⋆ 8 ⋆⋆⋆⋆⋆ *arghya pradānam*

Perform *prāṇāyāmam* as described in Section 2. Configure the *saṅkalpam* posture as described in Section 3 and recite

श्री भगवदाज्ञया श्रीमन्नारायण प्रीत्यर्थं प्रातः सन्ध्या अर्घ्यप्रदानं करिष्ये।

śrī bhagavadājñayā śrīmannārāyaṇa prītyarthaṃ prātaḥ sandhyā arghyapradānaṃ kariṣye।

Follow the items presented in Table 9.

Action	Mantra to recite
Touch top of the head with right fingers	अर्घ्यप्रदान मन्त्रस्य विश्वामित्र ऋषिः *arghyapradāna mantrasya viśvāmitra ṛṣiḥ*
Continued ...	

Action	Mantra to recite
Touch tip of the nose with right fingers	देवी गायत्री छन्दः *devī gāyatrī chandaḥ*
Touch chest with right fingers	सविता देवता *savitā devatā*
With hands in *añjali mudrā*	अर्घ्यप्रदाने विनियोगः *arghyapradāne viniyogaḥ*

Table 9: *nyāsam* for *arghya pradānam*

Stand erect and hold the vessel containing water between your thumb and index fingers of your left hand. Join both you hands with palms facing upwards. Pour water in hollow of your joined palms and hold it. Raise both your hands to the level of your forehead. Now recite

ओं भूर्भुव॒स्सु॑वः। तत् स॑वि॒तुर्वरे॑ण्यं। भर्गो॑ दे॒वस्य॑ धीमहि। धियो॒ यो नः॑ प्रचो॒दया॑त्।

oṃ bhūrbhūva̲ssuváḥ। tat sávi̲turvare॒ṇyaṃ। bhargó̍ de̲vasyá̍ dhīmahi। dhiyo̲ yo náḥ pracо̲dayá॒t।

Now, raise both your heels and let the water while looking at the sun as shown in Fig 4. Perform the above mentioned process from pouring water into the hollow of your joined palms to letting it, three times.

प्रायश्चित्त अर्घ्य प्रदानम् ⋆⋆⋆⋆⋆ 9 ⋆⋆⋆⋆⋆ *prāyaścitta arghya pradānam*

If you are doing the *prātaḥ sandhyāvandanam* after sunrise, follow the items in this Section. Perform *prāṇāyāmam* as described in Section 2. Configure the *saṅkalpam* posture as described in Section 3 and recite

श्री भगवदाज्ञया श्रीमन्नारायण प्रीत्यर्थं प्रातः सन्ध्या कालातीत दोष प्रायश्चित्तार्थं तुरीय अर्घ्यप्रदानं करिष्ये।

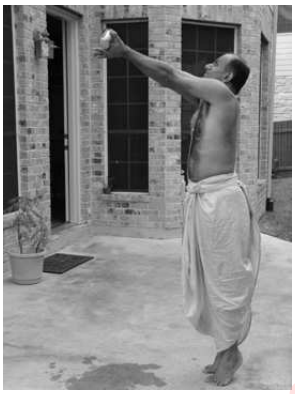

Figure 4: Posture for *arghya pradānam*.

śrī bhagavadājñayā śrīmannārāyaṇa prītyarthaṃ prātaḥ sandhyā kālātīta doṣa prāyaścittārthaṃ turīya arghyapradānaṃ kariṣye।

Follow the items presented in Table 10.

Action	Mantra to recite
Touch top of the head with right fingers	तुरीय अर्घ्यप्रदान मन्त्रस्य सान्दीपनी ऋषिः *turīya arghyapradāna mantrasya sāndīpanī ṛṣiḥ*
Touch tip of the nose with right fingers	देवी गायत्री छन्दः *devī gāyatrī chandaḥ*
Touch chest with right fingers	सविता देवता *savitā devatā*
With hands in *añjali mudrā*	तुरीय अर्घ्यप्रदाने विनियोगः *turīya arghyapradāne viniyogaḥ*

Table 10: *nyāsam* for *prāyaścitta arghyam*

Stand erect and hold the vessel containing water between your thumb and index fingers of your left hand. Join both you hands with palms facing upwards. Pour water in between your palms and hold it. Raise both your hands to the level of your forehead. Now recite

ओं भूः। ओं भुवः। ओग्ं सुवः। ओं महः। ओं जनः। ओं तपः। ओग्ं सत्यम्। ओं तत् सवितुर्वरेण्यं भर्गो देवस्य धीमहि। धियो यो नः प्रचोदयात्। ओं भूः। ओं भुवः। ओग्ं सुवः। ओं महः। ओं जनः। ओं तपः। ओग्ं सत्यम्।

oṃ bhūḥ। oṃ bhuvaḥ। oṃ̃ suvaḥ। oṃ mahaḥ। oṃ janaḥ। oṃ tapaḥ। oṃ̃ satyam। oṃ tat savituravareṇyaṃ bhargo devasya dhīmahi। dhiyo yo naḥ pracodayāt। oṃ bhūḥ। oṃ bhuvaḥ। oṃ̃ suvaḥ। oṃ mahaḥ। oṃ janaḥ। oṃ tapaḥ। oṃ̃ satyam।

Now, raise both your heels and let the water while looking at the sun. Then, follow the items presented in Table 11.

Action	Mantra to recite
With some water in your right palm, circle your hand around your head in a clockwise direction while simultaneously circling yourself in a clockwise direction	ओं भूर्भुवस्सुवः *oṃ bhūrbhuvassuvaḥ*
With hands in *añjali mudrā*, imagine the Lord as being in the center of the Sun	असावादित्यो ब्रह्म *asāvādityo brahma*

Table 11: Salutations to sun

केशवादि तर्पणम् ★★★★★ 10 ★★★★★ *keśavādi tarpaṇam*

Perform the *ācamanam* as described in Section 1. Sit in *kukkuṭāsana* and hold the vessel containing water between your thumb and index fingers of your left hand. Join both you hands with palms facing upwards as shown in Figure 5. Now, follow the items presented in Table 12.

Figure 5: Posture for ***keśavādi tarpaṇam.***

Action	Mantra to recite
Pour water in the hollow of your joined palms and hold it. Recite the *mantra* on the right and then let the water through the fingers of both your hands	केशवं तर्पयामि *keśavaṃ tarpayāmi*
Repeat the above action	नारायणं तर्पयामि *nārāyaṇaṃ tarpayāmi*
Repeat the above action	माधवं तर्पयामि *mādhavaṃ tarpayāmi*
Repeat the above action	गोविन्दं तर्पयामि *govindaṃ tarpayāmi*
Repeat the above action	विष्णुं तर्पयामि *viṣṇuṃ tarpayāmi*
Repeat the above action	मधुसूदनं तर्पयामि *madhusūdanaṃ tarpayāmi*
Repeat the above action	त्रिविक्रमं तर्पयामि *trivikramaṃ tarpayāmi*
Continued ...	

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Action	Mantra to recite
Repeat the above action	वामनं तर्पयामि *vāmanaṃ tarpayāmi*
Repeat the above action	श्रीधरं तर्पयामि *śrīdharaṃ tarpayāmi*
Repeat the above action	हृषीकेशं तर्पयामि *hṛṣīkeśaṃ tarpayāmi*
Repeat the above action	पद्मनाभं तर्पयामि *padmanābhaṃ tarpayāmi*
Repeat the above action	दामोदरं तर्पयामि *dāmodaraṃ tarpayāmi*

Table 12: *keśavādi tarpaṇam*

Perform the *ācamanam* as described Section 1.

जपस्थल प्रोक्षणम्	⋆⋆⋆⋆⋆ **11** ⋆⋆⋆⋆⋆	*japasthala prokṣaṇam*

Sprinkle some water on a clean area and recite

ओं भूर्भुव॒स्सु॑वः

oṃ bhūrbhuva̲ssuváḥ

Stand anywhere in the water-sprinkled area facing east and follow the items presented in Table 13.

Action	Mantra to recite
Touch top of the head with right fingers	आसनमन्त्रस्य पृथिव्या मेरुपृष्ठ ऋषिः *āsanamantrasya pṛthivyā merupṛṣṭha ṛṣiḥ*
Continued ...	

Action	Mantra to recite
Touch tip of the nose with right fingers	सुतलं छन्दः *sutalaṃ chandaḥ*
Touch chest with right fingers	श्री कूर्मो देवता *śrī kūrmo devatā*
With hands in *añjali mudrā*	आसने विनियोगः *āsane viniyogaḥ*

Table 13: *nyāsam* for *āsanam*

With hands in *añjali mudrā*, recite

पृथ्वि त्वया धृता लोका देवि त्वं विष्णुना धृता।
त्वं च धारय मां देवि पवित्रं कुरु चासनम्॥

pṛthvi tvayā dhṛtā lokā devi tvaṃ viṣṇunā dhṛtā।
tvaṃ ca dhāraya māṃ devi pavitraṃ kuru cāsanam॥

न्यासम्	⋆⋆⋆⋆⋆ **12** ⋆⋆⋆⋆⋆	*nyāsam*

Perform *prāṇāyāmam* as described in Section 2, three times. Configure the *saṅkalpam* posture as described in Section 3 and recite

श्री भगवदाज्ञया श्रीमन्नारायण प्रीत्यर्थं प्रातः सन्ध्या अष्टोत्तर शत वारं (If you wish to recite the *gāyatrī mantram* 108 times) **अष्टाविंशति वारं** (If you wish to recite the *gāyatrī mantram* 28 times) **दश वारं** (If you wish to recite the *gāyatrī mantram* 10 times) **गायत्री मन्त्र जपं करिष्ये।**

śrī bhagavadājñayā śrīmannārāyaṇa prītyarthaṃ prātaḥ sandhyā aṣṭottara śata vāraṃ (If you wish to recite the *gāyatrī mantram* 108 times) *aṣṭāviṃśati vāraṃ* (If you wish to recite the *gāyatrī mantram* 28 times) *daśa vāraṃ* (If you wish to recite the *gāyatrī mantram* 10 times) *gāyatrī mantra japaṃ kariṣye।*

Then, follow the items presented in Table 14.

Action	Mantra to recite
Touch top of the head with right fingers	प्रणवस्य ऋषिर्ब्रह्मा *praṇavasya ṛṣirbrahmā*
Touch tip of the nose with right fingers	देवी गायत्री छन्दः *devī gāyatrī chandaḥ*
Touch chest with right fingers	परमात्मा देवता *paramātmā devatā*
Touch top of the head with right fingers	भूरादि सप्त व्याहृतीनां अत्रि भृगु कुत्स वसिष्ठ गौतम काश्यप आङ्गिरस ऋषयः *bhūrādi sapta vyāhṛtīnāṃ atri bhṛgu kutsa vasiṣṭha gautama kāśyapa āṅgirasa ṛṣayaḥ*
Touch tip of the nose with right fingers	गायत्री उष्णिक् अनुष्टुप् बृहती पङ्क्ति त्रिष्टुप् जगत्यः छन्दाग्ंसि *gāyatrī uṣṇik anuṣṭup bṛhatī paṅkti triṣṭup jagatyaḥ chandāṃ̃si*
Touch chest with right fingers	अग्नि वायु अर्क वागीश वरुण इन्द्र विश्वे देवा देवताः *agni vāyu arka vāgīśa varuṇa indra viśve devā devatāḥ*
Touch top of the head with right fingers	सावित्र्या ऋषिः विश्वामित्रः *sāvitryā ṛṣiḥ viśvāmitraḥ*
Continued ...	

Action	Mantra to recite
Touch tip of the nose with right fingers	देवी गायत्री छन्दः *devī gāyatrī chandaḥ*
Touch chest with right fingers	सविता देवता *savitā devatā*
Touch top of the head with right fingers	गायत्री शिरसो ब्रह्मा ऋषिः *gāyatrī śiraso brahmā ṛṣiḥ*
Touch tip of the nose with right fingers	अनुष्टुप् छन्दः *anuṣṭup chandaḥ*
Touch chest with right fingers	परमात्मा देवता *paramātmā devatā*
With hands in *añjali mudrā*	सर्वेषां प्राणायामे विनियोगः *sarveṣāṃ prāṇāyāme viniyogaḥ*

Table 14: *nyāsam*

With hands in *añjali mudrā*, recite

मुक्ताविद्रुम हेमनील धवळच्छायैर्मुखैस्त्रीक्षणैः
युक्तामिन्दुकला निबद्धमकुटां तत्त्वार्थ वर्णात्मिकाम्।
गायत्रीं वरदाभयां कुशकशं शुभ्रं कपालं गुणम्
शङ्खं चक्रमथारविन्दयुगळं हस्तैर्वहन्तीं भजे॥

muktāvidruma hemanīla dhavaḷacchāyairmukhaistrīkṣaṇaiḥ
yuktāmindukalā nibaddhamakuṭāṃ tattvārtha varṇātmikām।
gāyatrīṃ varadābhayāṃ kuśakaśaṃ śubhraṃ kapālaṃ guṇam
śaṅkhaṃ cakramathāravindayugaḷaṃ hastairvahantīṃ bhaje॥

Follow the item presented in Table 15.

Action	Mantra to recite
With your two hands gently touch different parts of your body from head to toe.	ओमापो॒ ज्योती॒ रसो॒ऽमृतं॒ ब्रह्म॒ भूर्भु॒व॒स्सु॒व॒रोम् *omāpo॒ jyotī॒ raso॒'mṛta॒ṃ brahma॒ bhūrbhuva॒ssuva॒rom*

Table 15: Sanctifying different parts of the body

With hands in *añjali mudrā*, recite

अर्कमण्डल मध्यस्थं सूर्यकोटिसमप्रभम्।
ब्रह्मादि सेव्य पादाब्जं नौमि ब्रह्म रमासखम्॥

arkamaṇḍala madhyastham sūryakoṭisamaprabham।
brahmādi sevya pādābjaṃ naumi brahma ramāsakham॥

Perform the *prāṇāyāmam* described in Section 2, three times. It is also a pratice to recite the following ten times instead of performing the *prāṇāyāmam* three times.

ओं भूः। ओं भुवः। ओग्ं सुवः। ओं महः। ओं जनः। ओं तपः। ओग्ं सत्यम्। ओं तत् स॑वि॒तुर्वरे॑ण्यं॒ भर्गो॑ दे॒वस्य॑ धीमहि। धियो॒ यो नः॑ प्रचो॒दया॑त्। ओमापो॒ ज्योती॒ रसो॒ऽमृतं॒ ब्रह्म॒ भूर्भु॒व॒स्सु॒व॒रोम्॥

oṃ bhūḥ। oṃ bhuvaḥ। oṁ̃ suvaḥ। oṃ mahaḥ। oṃ janaḥ। oṃ tapaḥ। oṁ̃ sa॒tyam। oṃ tat sa॑vi॒turvare॑ṇya॒ṃ bhargo॑ de॒vasya॑ dhīmahi। dhiyo॒ yo na॑ḥ praco॒daya॑t। omāpo॒ jyotī॒ raso॒'mṛta॒ṃ brahma॒ bhūrbhuva॒ssuva॒rom॥

गायत्री आवाहनम्	⋆⋆⋆⋆⋆ **13** ⋆⋆⋆⋆⋆	*gāyatrī āvāhanam*

Follow the items presented in Table 16.

Action	Mantra to recite
Touch top of the head with right fingers	आयातु इति अनुवाकस्य वामदेव ऋषिः *āyātu iti anuvākasya vāmadeva ṛṣiḥ*
Touch tip of the nose with right fingers	अनुष्टुप् छन्दः *anuṣṭup chandaḥ*
Touch chest with right fingers	गायत्री देवता *gāyatrī devatā*
With hands in *añjali mudrā*	गायत्री आवाहने विनियोगः *gāyatrī āvāhane viniyogaḥ*

Table 16: *nyāsam* for *gāyatrī āvāhanam*

With hands in *añjali mudrā*, recite

आयातु वरदा देवी अक्षरं ब्रह्मसंमितम्। गायत्रीं छन्दसां मातेदं ब्रह्म जुषस्व नः। ओजोऽसि सहोऽसि बलमसि भ्राजोऽसि देवानां धाम नामासि विश्वमसि विश्वायुस्सर्वमसि सर्वायुरभिभूरों॥

āyātu varadā devī akṣaraṃ brahmasaṃmitam। gāyatrīṃ chandasāṃ mātedaṃ brahma juṣasva naḥ। ojo'si saho'si balamasi bhrājo'si devānāṃ dhāma nāmāsi viśvamasi viśvāyussarvamasi sarvāyurabhibhūroṃ॥

Next, follow the items presented in Table 17.

Action	Mantra to recite
Starting with *añjali mudrā*, then opening your palms, move both hands in a circular motion towards your heart.	गायत्रीं आवाहयामि *gāyatrīṃ āvāhayāmi*
Continued ...	

Action	Mantra to recite
Repeat the above action	सावित्रीं आवाहयामि *sāvitrīṃ āvāhayāmi*
Repeat the above action	सरस्वतीं आवाहयामि *sarasvatīṃ āvāhayāmi*

Table 17: *gāyatrī āvāhana mantram*

With hands in *añjali mudrā*, recite

प्रातर्ध्यायामि गायत्रीं रविमण्डल मध्यगाम्।
ऋग्वेदमुच्चारयन्तीं रक्तवर्णां कुमारिकाम्।
अक्षमालाकरां ब्रह्मदैवत्यां हंसवाहनाम्॥

prātardhyāyāmi gāyatrīṃ ravimaṇḍala madhyagām।
ṛgvedamuccārayantīṃ raktavarṇāṃ kumārikām।
akṣamālākarāṃ brahmadaivatyāṃ haṃsavāhanām॥

Then, follow the items presented in Table 18.

Action	Mantra to recite
Touch top of the head with right fingers	सावित्र्या ऋषिः विश्वामित्रः *sāvitryā ṛṣiḥ viśvāmitraḥ*
Touch tip of the nose with right fingers	देवी गायत्री छन्दः *devī gāyatrī chandaḥ*
Touch chest with right fingers	सविता देवता *savitā devatā*
With hands in *añjali mudrā*	प्रातः सन्ध्या जपे विनियोगः *prātaḥ sandhyā jape viniyogaḥ*

Table 18: *nyāsam* for *gāyatrī japam*

With hands in ***añjali mudrā,*** recite

यो देवस्सविताऽस्माकं धियो धर्मादि गोचराः।
प्रेरयेत्तस्य यद्भर्गस्तद्वरेण्यं उपास्महे॥

yo devassavitā'smākaṃ dhiyo dharmādi gocarāḥ।
prerayettasya yadbhargastadvareṇyaṃ upāsmahe॥

गायत्री जपम् ⋆⋆⋆⋆⋆ 14 ⋆⋆⋆⋆⋆ *gāyatrī japam*

Cover both your hands with the upper cloth you are wearing, join your hands and raise them to the level of your face. Open yours palms such that they face you, as shown in Figure 6(a) Recite the following ***gāyatrī mantram*** as many as times as resolved in the ***saṅkalpam*** in Section 12. The counting is done with fingers on both your hands in the following way. The left hand is used for counting the units while the right hand is used for counting the tens. The counting on the left hand is shown in Figure 6(b). The counting is done in a similar way in your right hand.

(a) Posture for ***gāyatrī japam***
(According to some, upper cloth rests on the left shoulder.)

(b) Counting procedure for ***gāyatrī japam***

Figure 6: Posture and counting procedure for ***gāyatrī japam.***

ओं। भूर्भुव॒स्सुव॑ः। तत्स॑वि॒तुर्वरे॑णि॒यं। भर्गो॑ दे॒वस्य॑ धीमहि। धियो॒ यो नः॑ प्रचो॒दया॑त्॥

oṃ। bhūrbhuva̲ssuváḥ। tatsávi̲turvareṇíyaṃ। bhargó de̲vasyá dhīmahi। dhiyo̲ yo náḥ pracо̲dayá̲t॥

अष्टाक्षर जपम्	⋆⋆⋆⋆⋆ 15 ⋆⋆⋆⋆⋆	*aṣṭākṣara japam*

The items in this Section is applicable to people who have undergone ***samāśrayaṇam*** under an ***ācārya***. Recite the ***taniyans*** of your ***ācārya paramparā***. Now, do the ***prāṇāyamam*** as described in Section 2 with the ***aṣṭākṣara mantram*** instead of the ***prāṇāyāma mantram***. This is performed three times. Then, follow the items presented in Table 19.

Action	Mantra to recite
Touch top of the head with right fingers	श्रीमदष्टाक्षर महामन्त्रस्य बदरिकाश्रमवासी श्रीमन्नारायण ऋषिः *śrīmadaṣṭākṣara mahāmantrasya badarikāśramavāsī śrīmannārāyaṇa ṛṣiḥ*
Touch tip of the nose with right fingers	देवी गायत्री छन्दः *devī gāyatrī chandaḥ*
Touch chest with right fingers	परमात्मा श्रीमन्नारायणो देवता *paramātmā śrīmannārāyaṇo devatā*
With hands in *añjali mudrā*	श्रीमन्नारायण प्रीत्यर्थे जपे विनियोगः *śrīmannārāyaṇa prītyarthe jape viniyogaḥ*

Table 19: ***nyāsam*** for ***aṣṭākṣara japam***

With hands in ***añjali mudrā***, recite

सव्यं पादं प्रसार्य श्रितदुरितहरं दक्षिणं कुञ्चयित्वा
जानुन्याधाय सव्येतरमितरभुजं नागभोगे निधाय।
पश्चाद्बाहुद्वयेन प्रतिभटशमने धारयन् शङ्खचक्रे
देवीभूषादिजुष्टो जनयतु जगतां शर्म वैकुण्ठनाथः॥

savyaṃ pādaṃ prasārya śritaduritaharaṃ dakṣiṇaṃ kuñcayitvā
jānunyādhāya savyetaramitarabhujaṃ nāgabhoge nidhāya।
paścādbāhudvayena pratibhaṭaśamane dhārayan śaṅkhacakre
devībhūṣādijuṣṭo janayatu jagatāṃ śarma vaikuṇṭhanāthaḥ॥

Now, recite the *aṣṭākṣara mantram* as many times as resolved for *gāyatrī japam.*

गायत्री उद्वासनम् ⋆⋆⋆⋆⋆ **16** ⋆⋆⋆⋆⋆ *gāyatrī udvāsanam*

Peform *prāṇāyāmam* as described in Section 2, three times. Come to the *saṅkalpam* posture as mentioned in Section 3 and recite

श्री भगवदाज्ञया श्रीमन्नारायण प्रीत्यर्थं प्रातः सन्ध्या उपस्थानं करिष्ये।

śrī bhagavadājñayā śrīmannārāyaṇa prītyarthaṃ prātaḥ sandhyā upasthānaṃ kariṣye।

Stand up and follow the items presented in Table 20.

Action	**Mantra to recite**
Touch top of the head with right fingers	उत्तम इत्यनुवाकस्य वामदेव ऋषिः *uttama ityanuvākasya vāmadeva ṛṣiḥ*
Touch tip of the nose with right fingers	अनुष्टुप् छन्दः *anuṣṭup chandaḥ*
Touch chest with right fingers	गायत्री देवता *gāyatrī devatā*
With hands in *añjali mudrā*	गायत्री उद्वासने विनियोगः *gāyatrī udvāsane viniyogaḥ*

Table 20: *nyāsam* for *udvāsanam*

With hands in *añjali mudrā,* recite

उ॒त्तमे॑ शिख॑रे दे॒वी॒ भू॒म्यां प॑र्वत॒मू॒र्ध॑नि।
ब्रा॒ह्म॒णै॒भ्यो ह्य॑नु॒ज्ञा॒नं॒ ग॒च्छ॒ दे॑वि य॒था सु॑खम्॥

u॒ttame॑ śikha॑re de॒vī॒ bhū॒myāṃ॒ pa॑rvata॒mūrdha॑ni।
brā॒hmaṇe॑bhyo hya॑nujñā॒na॒ṃ ga॒ccha de॑vi ya॒thā su॑kham॥

It is also a practice to do the *aṣṭākṣara japam* here instead of doing it soon after *gāyatrī mantra japam.* In this case, peform the items presented in Section 15.

गायत्री उपस्थानम्	⋆⋆⋆⋆⋆ **17** ⋆⋆⋆⋆⋆	*gāyatrī upasthānam*

Follow the items presented in Table 21.

Action	**Mantra to recite**
Touch top of the head with right fingers	मित्रस्येति उपस्थान मन्त्रस्य विश्वामित्र ऋषिः *mitrasyeti upasthāna mantrasya viśvāmitra ṛṣiḥ*
Touch tip of the nose with right fingers	भीरुद्ध् गायत्री त्रिष्टुप् छन्दांसि *bhīruḍh gāyatrī triṣṭup chandāṃsi*
Touch chest with right fingers	मित्रो देवता *mitro devatā*
With hands in *añjali mudrā*	प्रातस्सन्ध्योपस्थाने विनियोगः *prātassandhyopasthāne viniyogaḥ*

Table 21: *nyāsam* for *upasthānam*

With hands in *añjali mudrā,* recite

मि॒त्रस्य॑ चर्षणी॒ धृ॒तः श्रवो॑ दे॒वस्य॑ सानु॒सिम्। स॒त्यं चि॒त्र श्र॑वस्तमम्॥

mitrasyá carṣaṇī dhṛtaḥ śravó devasyá sānasim।
satyaṃ citra śrávastamam॥

मित्रो जनान् यातयति प्रजानन् मित्रो दाधार पृथिवीमुतद्याम्।
मित्रः कृष्टीरनिमिषाभिचष्टे सत्याय हव्यं घृतवद्विधेम॥

mitro janān yātayati prajānan
mitro dādhāra pṛthivīmutadyām।
mitraḥ kṛṣṭīranimiṣābhicáṣṭe
satyāyá havyaṃ ghṛtavádvidhema॥

प्रसमित्र मर्तो अस्तु प्रयस्वान् यस्त आदित्य शिक्षति व्रतेन।
न हन्यते न जीयते त्वोतो नैनमगंहो अश्नोत्यन्तितो न दूरात्॥

prasamítra martó astu prayásvān
yastá āditya śikṣáti vratená।
na hányate na jīyate tvoto
nainamaṃhó aśnotyantíto na dūrāt॥

सन्ध्यादि देवता वन्दनम् ★★★★★ 18 ★★★★★ sandhyādi devatā vandanam

Follow the items presented in Table 22.

Action	Mantra to recite
Face east with hands in *añjali mudrā*	ओं सन्ध्यायै नमः *oṃ sandhyāyai namaḥ*
Face south with hands in *añjali mudrā*	ओं सावित्र्यै नमः *oṃ sāvitryai namaḥ*
Face west with hands in *añjali mudrā*	ओं गायत्र्यै नमः *oṃ gāyatryai namaḥ*
Continued ...	

Action	Mantra to recite
Face north with hands in *añjali mudrā*	ओं सरस्वत्यै नमः *oṃ sarasvatyai namaḥ*
Face east with hands in *añjali mudrā*	ओं सर्वाभ्यो देवताभ्यो नमो नमः *oṃ sarvābhyo devatābhyo namo namaḥ*
With hands in *añjali mudrā*	ओं कामोऽकार्षीत् मन्युरऽकार्षीत् नमो नमः *oṃ kāmo'kārṣīt manyura'kārṣīt namo namaḥ*

Table 22: *sandhyādi devatā vandanam*

अभिवादनम् ⋆⋆⋆⋆⋆ **19** ⋆⋆⋆⋆⋆ *abhivādanam*

Come to a posture as shown on the left side of Figure 7. Recite

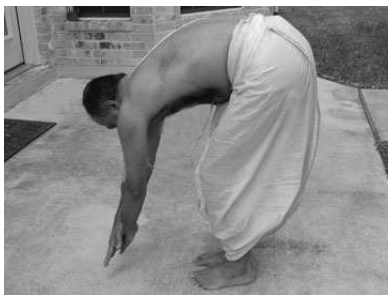

Figure 7: Posture for *abhivādaye.*

अभिवादये
choose from column two of Table 70 based on your gotram
त्रयार्षेय प्रवरान्वित (if there are three *ṛṣis* in your *pravaram*)
पञ्चार्षेय प्रवरान्वित (if there are five *ṛṣis* in your *pravaram*)
choose from column one of Table 70 **गोत्रः**
choose from column two of Table 71 based on your branch of veda **सूत्रः**
choose from column one of Table 71 based on your branch of veda
शाखाध्यायी
say your name **शर्मा नामाहं अस्मिभोः**

abhivādaye
choose from column two of Table 70 based on your gotram
trayārṣeya pravarānvita (if there are three ***ṛṣis*** in your ***pravaram***)
pañcārṣeya pravarānvita (if there are five ***ṛṣis*** in your ***pravaram***)
choose from column one of Table 70 ***gotraḥ***
choose from column two of Table 71 based on your branch of veda ***sūtraḥ***
choose from column one of Table 71 based on your branch of veda
śākhādhyāyī
say your name ***śarmā nāmāhaṃ asmibhoḥ***

Immediately come to a posture as shown on the right side of Figure 7 and then stand erect.

दिक् वन्दनम् ⋆⋆⋆⋆⋆ 20 ⋆⋆⋆⋆⋆ *dik vandanam*

Follow the items presented in Table 23.

Action	Mantra to recite
Face east with hands in *añjali mudrā*	ओं प्राच्यै दिशे नमः *oṃ prācyai diśe namaḥ*
Face south with hands in *añjali mudrā*	ओं दक्षिणायै दिशे नमः *oṃ dakṣiṇāyai diśe namaḥ*
Face west with hands in *añjali mudrā*	ओं प्रतीच्यै दिशे नमः *oṃ pratīcyai diśe namaḥ*
Face north with hands in *añjali mudrā*	ओं उदीच्यै दिशे नमः *oṃ udīcyai diśe namaḥ*
Continued ...	

Action	Mantra to recite
Facing east, with hands in *añjali mudrā*, look above	ओं ऊर्ध्वाय नमः *oṃ ūrdhvāya namaḥ*
With hands in *añjali mudrā*, look below	ओं अधराय नमः *oṃ adharāya namaḥ*
With hands in *añjali mudrā*, look towards the sky	ओं अन्तरिक्षाय नमः *oṃ antarikṣāya namaḥ*
With hands in *añjali mudrā*, look towards the earth	ओं भूम्यै नमः *oṃ bhūmyai namaḥ*
With hands in *añjali mudrā*, think of the Lord in the Sun's orbit	ओं विष्णवे नमः *oṃ viṣṇave namaḥ*

Table 23: *digvandanam*

With hands in *añjali mudrā*, recite

ध्येयस्सदा सवितृमण्डल मध्यवर्ती
नारायणः सरसिजासन सन्निविष्टः।
केयूरवान् मकर कुण्डलवान् किरीटी
हारी हिरण्मय वपुः धृतशङ्ख चक्रः॥

dhyeyassadā savitṛmaṇḍala madhyavartī
nārāyaṇaḥ sarasijāsana sanniviṣṭaḥ।
keyūravān makara kuṇḍalavān kirīṭī
hārī hiraṇmaya vapuḥ dhṛtaśaṅkha cakraḥ॥

शङ्खचक्र गदापाणे द्वारका निलयाच्युत।
गोविन्द पुण्डरीकाक्ष रक्ष मां शरणागतम्॥

śaṅkhacakra gadāpāṇe dvārakā nilayācyuta।
govinda puṇḍarīkākṣa rakṣa māṃ śaraṇāgatam॥

नमो ब्रह्मण्यदेवाय गोब्राह्मणहिताय च।
जगद्धिताय कृष्णाय गोविन्दाय नमो नमः॥

namo brahmaṇyadevāya gobrāhmaṇahitāya ca।
jagaddhitāya kṛṣṇāya govindāya namo namaḥ॥

Perform ***abhivādanam*** as described in Section 19 and follow it up with an ***ācamanam,*** as described in Section 1. Sprinkle some water on the place you performed the a ***sandhyāvandanam,*** and then recite

ओं भूर्भुव॒स्सु॑वः

oṃ bhūrbhuva̲ssuváḥ

Recite

श्री कृष्णाय नमः

śrī kṛṣṇāya namaḥ

ten times.

सात्विक त्यागम्	⋆⋆⋆⋆⋆ **21** ⋆⋆⋆⋆⋆	*sātvika tyāgam*

With hands in ***añjali mudrā,*** recite

भगवानेव स्वनियाम्य स्वरूपस्थिति प्रवृत्ति स्वशेषतैक रसेन अनेन आत्मना कर्त्रा स्वकीयैश्च उपकरणैः स्वाराधनैक प्रयोजनाय परमपुरुषः सर्वशेषी श्रियः पतिः स्वशेषभूतं इदं प्रातः सन्ध्यावन्दनाख्यं कर्म स्वस्मै स्वप्रीतये स्वयमेव कारितवान्॥

bhagavāneva svaniyāmya svarūpasthiti pravṛtti svaśeṣataika rasena anena ātmanā kartrā svakīyaiśca upakaraṇaiḥ svārādhanaika prayojanāya paramapuruṣaḥ sarvaśeṣī śriyaḥ patiḥ svaśeṣabhūtaṃ idaṃ prātaḥ sandhyāvandanākhyaṃ karma svasmai svaprītaye svayameva kāritavān॥

श्रीरङ्ग मङ्गळमणिं करुणा निवासम्।
श्री वेङ्कटाद्रि शिखरालय काळमेघम्॥

śrīraṅga maṅgaḷamaṇiṃ karuṇā nivāsam।
śrī veṅkaṭādri śikharālaya kāḷamegham॥

श्री हस्तिशैल शिखरोज्वल पारिजातम्।
श्रीशं नमामि शिरसा यदुशैलदीपम्॥

śrī hastiśaila śikharojvala pārijātam।
śrīśaṃ namāmi śirasā yaduśailadīpam॥

कायेन वाचा मनसेन्द्रियैर्वा बुद्ध्याऽऽत्मना वा प्रकृतेः स्वभावात्।
करोमि यद्यत् सकलं परस्मै नारायणायेति समर्पयामि॥

kāyena vācā manasendriyairvā
buddhyā''tmanā vā prakṛteḥ svabhāvāt।
karomi yadyat sakalaṃ parasmai
nārāyaṇāyeti samarpayāmi॥

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॥ माध्याह्निक सन्ध्यावन्दनम् ॥

॥ *mādhyāhnika sandhyāvandanam* ॥

(Noon sandhyavandanam)

आचमनम्	⋆⋆⋆⋆⋆ **1** ⋆⋆⋆⋆⋆	*ācamanam*

Facing east, sit in ***kukkuṭāsana,*** hold a small vessel of water in your left hand and fold your right palm in such a way that the little finger, ring finger and middle finger are stretched while the index finger is bent inwards to accommodate a small amount of water in the hollow of your right palm, as shown in Figure 8. Then, follow the items presented in Table 24.

Figure 8: Posture for *ācamanam.*

Action	Mantra to recite
Pour a small amount of water in your right palm and swallow (not sip)	ओं अच्युताय नमः *oṃ acyutāya namaḥ*
Repeat the above action	ओं अनन्ताय नमः *oṃ anantāya namaḥ*
Repeat the above action	ओं गोविन्दाय नमः *oṃ govindāya namaḥ*

Table 24: *ācamanam-1*

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After that, wash your right hand and wipe your lips with your right thumb. You should move the thumb from right to left. Again, wash your right hand with water. Now, follow the items presented in Table 25.

Action	Mantra to recite
Touch right cheek with right thumb	ओं केशवाय नमः *oṃ keśavāya namaḥ*
Touch left cheek with right thumb	ओं नारायणाय नमः *oṃ nārāyaṇāya namaḥ*
Touch right eye with right ring finger	ओं माधवाय नमः *oṃ mādhavāya namaḥ*
Touch left eye with right ring finger	ओं गोविन्दाय नमः *oṃ govindāya namaḥ*
Touch right side of nose with right index finger	ओं विष्णवे नमः *oṃ viṣṇave namaḥ*
Touch left side of nose with right index finger	ओं मधुसूदनाय नमः *oṃ madhusūdanāya namaḥ*
Touch right ear with right little finger	ओं त्रिविक्रमाय नमः *oṃ trivikramāya namaḥ*
Touch left ear with right little finger	ओं वामनाय नमः *oṃ vāmanāya namaḥ*
Touch right shoulder with right middle finger	ओं श्रीधराय नमः *oṃ śrīdharāya namaḥ*
Touch left shoulder with right middle finger	ओं हृषीकेशाय नमः *oṃ hṛṣīkeśāya namaḥ*
Continued ...	

Action	Mantra to recite
Touch navel with all right fingers	ओं पद्मनाभाय नमः *oṃ padmanābhāya namaḥ*
Touch top of the head with all right fingers	ओं दामोदराय नमः *oṃ dāmodarāya namaḥ*

Table 25: *ācamanam-2*

The *ācamanam* described above must be performed twice.

प्राणायामम्	⋆⋆⋆⋆⋆ **2** ⋆⋆⋆⋆⋆	*prāṇāyāmam*

Close your left nostril with your right hand little and ring fingers and release the air within your lungs through the right nostril slowly. Next, close your right nostril with your right hand thumb while simultaneously opening the left nostril and inhale through your left nostril to fill up your lungs. Next, close your left nostril with your right hand little and ring fingers so that both your nostrils are now closed, as shown in Figure 9. With your mouth and eyes closed, mentally recite the following, three times.

ओं भूः। ओं भुवः। ओग्ं सुवः। ओं महः। ओं जनः। ओं तपः। ओग्ं सत्यम्। ओं तत् सवि॒तुर्वरे॑ण्यं॒ भर्गो॑ दे॒वस्य॑ धीमहि। धियो॒ यो नः॑ प्रचो॒दया॑त्। ओमापो॒ ज्योती॒ रसो॒ऽमृतं॒ ब्रह्म॒ भूर्भुव॒स्सुव॒रोम्॥

oṃ bhūḥ। oṃ bhuvaḥ। oṃ̃ suvaḥ। oṃ mahaḥ। oṃ janaḥ। oṃ tapaḥ। oṃ̃ satyam। oṃ tat savi॒turvare॑ṇya॒ṃ bhargo॑ de॒vasya॑ dhīmahi। dhiyo॒ yo naḥ॑ praco॒daya॑t। omāpo॒ jyoti॒ raso॑'mṛta॒ṃ brahma॒ bhūrbhuva॒ssuva॒rom॥

After that, open your right nostril and release the air held within your lungs slowly. Then, touch your right ear with the fingers of your right hand.

Figure 9: Postures for ***prāṇāyāmam.***

सङ्कल्पम्	⋆⋆⋆⋆⋆ **3** ⋆⋆⋆⋆⋆	***saṅkalpam***

Place your left hand on your right thigh with your left hand palm facing upwards. Then place your right hand on top of your left hand covering your left hand palm as shown in Figure 10. This is the posture for ***saṅkalapam.***

Figure 10: Posture for ***saṅkalpam.***

Now, recite

श्री भगवदाज्ञया श्रीमन्नारायण प्रीत्यर्थं माध्याह्निक सन्ध्यां उपासिष्ये।

śrī bhagavadājñayā śrīmannārāyaṇa prītyarthaṃ mādhyāhnika sandhyāṃ upāsiṣye।

सात्विक त्यागम्	⋆⋆⋆⋆⋆ **4** ⋆⋆⋆⋆⋆	***sātvika tyāgam***

With both your hands in ***añjali mudrā*** (that is, ***namaste*** position), recite

भगवानेव स्वनियाम्य स्वरूपस्थिति प्रवृत्ति स्वशेषतैक रसेन अनेन आत्मना कर्त्रा स्वकीयैश्च उपकरणैः स्वाराधनैक प्रयोजनाय परमपुरुषः सर्वशेषी श्रियः

पतिः स्वशेषभूतं इदं माध्याह्निक सन्ध्यावन्दनाख्यं कर्म स्वस्मै स्वप्रीतये स्वयमेव कारयति॥

bhagavāneva svaniyāmya svarūpasthiti pravṛtti svaśeṣataika rasena anena ātmanā kartrā svakīyaiśca upakaraṇaiḥ svārādhanaika prayojanāya paramapuruṣaḥ sarvaśeṣī śriyaḥ patiḥ svaśeṣabhūtaṃ idaṃ mādhyāhnika sandhyāvandanākhyaṃ karma svasmai svaprītaye svayameva kārayati॥

प्रोक्षणम्	⋆⋆⋆⋆⋆ 5 ⋆⋆⋆⋆⋆	*prokṣaṇam*

Follow the items presented in Table 26.

Action	Mantra to recite
Touch top of the head with right fingers	आपोहिष्ठेति मन्त्रस्य सिन्धुद्वीप ऋषिः *āpohiṣṭheti mantrasya sindhudvīpa ṛṣiḥ*
Touch tip of the nose with right fingers	देवी गायत्री छन्दः *devī gāyatrī chandaḥ*
Touch chest with right fingers	आपो देवता *āpo devatā*
With hands in *añjali mudrā*	अपां प्रोक्षणे विनियोगः *apāṃ prokṣaṇe viniyogaḥ*

Table 26: *nyāsaṃ* for *prokṣaṇaṃ*

Now, follow the items presented in Table 27.

Action	Mantra to recite
With your right fingers sprinkle some water on your head	ओं भूर्भुव॒स्सु॑वः *oṃ bhūrbhuva̱ssuváḥ*
Repeat the above action	तत्स॑वि॒तुर्वरे॑ण्यं॒ भर्गो॑ दे॒वस्य॑ धीमहि *tatsáv̱iturvarēṇ̈ya̱ṃ bhargó de̱vasyá dhīmahi*
Repeat the above action	धियो॒ यो नः॑ प्रचो॒दया॑त् *dhiyo̱ yo náḥ pracо̱dayā̈t*

Table 27: Prelude to *prokṣaṇa mantram*

Then, follow the items presented in Table 28.

Action	Mantra to recite
With your right fingers sprinkle some water on your head	आपो॒ हिष्ठा म॑यो॒ भुवः॑ *āpo̱ hiṣṭhā máyo̱ bhuváḥ*
Repeat the above action	ता न॑ ऊ॒र्जे द॑धातन *tā ná ū̱rje dádhātana*
Repeat the above action	म॒हे रणा॑य॒ चक्ष॑से *ma̱he raṇā́ya̱ cakṣáse*
Repeat the above action	यो वः॑ शि॒वत॑मो॒ रसः॑ *yo váḥ śi̱vatámo̱ rasáḥ*
Repeat the above action	तस्य॑ भाजयते॒ह नः॑ *tasyá bhājayate̱ha náḥ*
Repeat the above action	उ॒श॒तीरि॑व मा॒तरः॑ *u̱śa̱tīríva mā̱taráḥ*
Continued ...	

Action	Mantra to recite
Repeat the above action	तस्मा॒ अर॑ङ्गमाम वः *tasmā̱ ara̍ṅgamāma vaḥ*
With your right fingers sprinkle some water on your knees	यस्य॒ क्षया॑य॒ जिन्व॑थ *yasya̱ kṣaya̍ya̱ jinvátha*
With your right fingers sprinkle some water on your head	आपो॑ ज॒नय॑था च नः *āpó ja̱nayáthā ca naḥ*
With your right fingers sprinkle some water around your head	ओं भूर्भु॒वस्सु॑वः *oṃ bhūrbhuva̱ssuvá̍ḥ*

Table 28: *prokṣaṇa mantram*

प्राशनम्	⋆⋆⋆⋆⋆ **6** ⋆⋆⋆⋆⋆	*prāśanam*

Follow the items presented in Table 29.

Action	Mantra to recite
Touch top of the head with right fingers	आपः पुनन्तु इत्यनुवाकस्य आप ऋषिः *āpaḥ punantu ityanuvākasya āpa ṛṣiḥ*
Touch tip of the nose with right fingers	अनुष्टुप् छन्दः *anuṣṭup chandaḥ*
Touch chest with right fingers	ब्रह्मणस्पतिर्देवता *brahmaṇaspatirdevatā*
With hands in *añjali mudrā*	अपां प्राशने विनियोगः *apāṃ prāśane viniyogaḥ*

Table 29: *nyāsaṃ* for *prāśanam*

Take a small amount of water in the hollow of your right palm and recite

आपः॑ पुनन्तु पृथि॒वीं पृ॑थि॒वी पू॒ता पु॑नातु॒ माम्। पु॒नन्तु॒ ब्रह्म॑ण॒स्पति॒र्ब्रह्म॑पूता पु॑नातु॒ माम्। यदु॒च्छिष्ट॒मभो॑ज्यं॒ यद्वा॑ दु॒श्चरि॑तं॒ मम॑। सर्वं॑ पुनन्तु मामापोऽस॒तां च॑ प्रति॒ग्रह॒ग्ग्॒ स्वाहा॑।

āpáḥ punantu pṛthi̲vīm̐ pṛ́thi̲vī pū̲tā pú̲nāti̲u mām। pu̲nanti̲u brahmáṇa̲aspati̲ḥ brahmápū̲tā pú̲nāti̲u mām। yaducchi̲ṣṭa̲mabhó̲-jya̲m yadvā́ du̲ścaríta̲m mamá। sarvám̐ punanti̲u māmāpó'sa̲tām̐ cá pratigraha̲gg svāhā̲́।

Now, swallow the water in your right palm and perform *ācamanam* as described in Section 1.

पुनः प्रोक्षणम्	⋆⋆⋆⋆⋆ 7 ⋆⋆⋆⋆⋆	*punaḥ prokṣaṇam*

Follow the items presented in Table 30.

Action	Mantra to recite
Touch top of the head with right fingers	दधिक्रावण्ण इति मन्त्रस्य वामदेव ऋषिः *dadhikrāvṇṇa iti mantrasya vāmadeva ṛṣiḥ*
Touch tip of the nose with right fingers	अनुष्टुप् छन्दः *anuṣṭup chandaḥ*
Touch chest with right fingers	दधिक्रावा देवता *dadhikrāvā devatā*
With hands in *añjali mudrā*	अपां प्रोक्षणे विनियोगः *apāṃ prokṣaṇe viniyogaḥ*

Table 30: *nyāsaṃ* for *punaḥ prokṣaṇaṃ*

Then, follow the items presented in Table 31.

Action	Mantra to recite
With your right fingers sprinkle some water on your head	दधिक्रावण्णो अकारिषम् *dadhikrāvṇṇó akāriṣam*
Repeat the above action	जिष्णोरश्वस्य वाजिनः *jiṣṇoraśvásya vājináḥ*
Repeat the above action	सुरभि नो मुखाकरत् *surabhi no mukhākarat*
Repeat the above action	प्रण आयूगंषि तारिषत् *praṇa āyūṁṣi tāriṣat*
Repeat the above action	आपो हिष्ठा मयो भुवः *āpo hiṣṭhā máyo bhuváḥ*
Repeat the above action	ता न ऊर्जे दधातन *tā ná ūrje dádhātana*
Repeat the above action	महे रणाय चक्षसे *mahe raṇāya cakṣáse*
Repeat the above action	यो वः शिवतमो रसः *yo váḥ śivatámo rasáḥ*
Repeat the above action	तस्य भाजयतेह नः *tasyá bhājayateha náḥ*
Repeat the above action	उशतीरिव मातरः *uśatīríva mātaráḥ*
Continued ...	

Action	Mantra to recite
Repeat the above action	तस्मा॒ अर॑ङ्गमाम वः *tasmā̲ ara̍ṅgamāma vaḥ*
With your right fingers sprinkle some water on your knees	यस्य॒ क्षया॑य॒ जिन्व॑थ *yasya̲ kṣaya̍ya̲ jinvátha*
With your right fingers sprinkle some water on your head	आपो॑ ज॒नय॑था च नः *āpó ja̲nayáthā ca naḥ*
With your right fingers sprinkle some water around your head	ओं भूर्भु॒व॒स्सु॒वः॑ *oṃ bhūrbhuva̲ssuváḥ*

Table 31: *punaḥ prokṣaṇa mantram*

अर्घ्य प्रदानम् ⋆⋆⋆⋆⋆ 8 ⋆⋆⋆⋆⋆ *arghya pradānam*

Perform *prāṇāyāmam* as described in Section 2. Configure the *saṅkalpam* posture as described in Section 3 and recite

श्री भगवदाज्ञया श्रीमन्नारायण प्रीत्यर्थं माध्याह्निक सन्ध्या अर्घ्यप्रदानं करिष्ये।

śrī bhagavadājñayā śrīmannārāyaṇa prītyarthaṃ mādhyāhnika sandhyā arghyapradānaṃ kariṣye।

Follow the items presented in Table 32.

Action	Mantra to recite
Touch top of the head with right fingers	अर्घ्यप्रदान मन्त्रस्य विश्वामित्र ऋषिः *arghyapradāna mantrasya viśvāmitra ṛṣiḥ*
Continued ...	

Action	Mantra to recite
Touch tip of the nose with right fingers	देवी गायत्री छन्दः *devī gāyatrī chandaḥ*
Touch chest with right fingers	सविता देवता *savitā devatā*
With hands in *añjali mudrā*	अर्घ्यप्रदाने विनियोगः *arghyapradāne viniyogaḥ*

Table 32: ***nyāsam*** for ***arghya pradānam***

Stand erect and hold the vessel containing water between your thumb and index fingers of your left hand. Join both you hands with palms facing upwards. Pour water in hollow of your joined palms and hold it. Raise both your hands to the level of your forehead. Now recite

ओं भूर्भुव॒स्सु॑वः। तत् स॑वि॒तुर्वरे॑ण्यं। भर्गो॑ दे॒वस्य॑ धीमहि। धियो॒ यो नः॑ प्रचो॒दया॑त्।

oṃ bhūrbhūva॒ssuva॑ḥ। tat sa॑vi॒turvare॑ṇyaṃ। bhargo॑ de॒vasya॑ dhīmahi। dhiyo॒ yo na॑ḥ praco॒daya॑t।

Now, raise both your heels and let the water while looking at the sun as shown in Fig 11. This process is done only once as opposed to doing it three times as in ***prātaḥ*** or ***sāyam sandhyāvandanam.*** However, there is also a ***sampradāyam*** wherein the above mentioned process from pouring water into the hollow of your joined palms to letting it, is done twice.

प्रायश्चित्त अर्घ्य प्रदानम् ⋆⋆⋆⋆⋆ 9 ⋆⋆⋆⋆⋆ *prāyaścitta arghya pradānam*

According to some ***sampradāyams, prāyaścitta arghyam*** is not offered during ***mādhyāhnika sandhyāvandanam.*** If, however, you follow the ***sampradāyam*** wherein ***prāyaścitta arghyam*** is offered in the event ***mādhyāhnika sandhyāvandanam*** is not performed at the appropriate time,

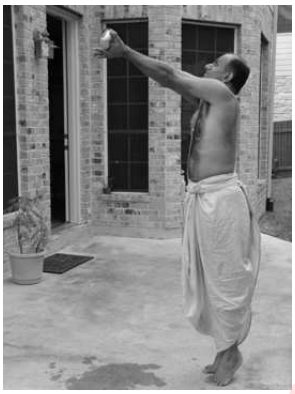

Figure 11: Posture for ***arghya pradānam.***

then follow the items in this Section. Perform ***prāṇāyāmam*** as described in Section 2. Configure the ***saṅkalpam*** posture as described in Section 3 and recite

श्री भगवदाज्ञया श्रीमन्नारायण प्रीत्यर्थं माध्याह्निक सन्ध्या कालातीत दोष प्रायश्चित्तार्थं अर्घ्यप्रदानं करिष्ये।

śrī bhagavadājñayā śrīmannārāyaṇa prītyarthaṃ mādhyāhnika sandhyā kālātīta doṣa prāyaścittārthaṃ arghyapradānaṃ kariṣye।

Follow the items presented in Table 33.

Action	**Mantra to recite**
Touch top of the head with right fingers	प्रायश्चित्तार्घ्यप्रदान मन्त्रस्य सान्दीपनी ऋषिः ***prāyaścittārghyapradāna mantrasya sāndīpanī ṛṣiḥ***
Touch tip of the nose with right fingers	देवी गायत्री छन्दः ***devī gāyatrī chandaḥ***
Touch chest with right fingers	सविता देवता ***savitā devatā***
Continued ...	

Action	Mantra to recite
With hands in *añjali mudrā*	प्रायश्चित्त अर्घ्यप्रदाने विनियोगः *prāyaścitta arghyapradāne viniyogaḥ*

Table 33: *nyāsam* for *prāyaścitta arghyam*

Stand erect and hold the vessel containing water between your thumb and index fingers of your left hand. Join both you hands with palms facing upwards. Pour water in between your palms and hold it. Raise both your hands to the level of your forehead. Now recite

ओं भूः। ओं भुवः। ओग्ं सुवः। ओं महः। ओं जनः। ओं तपः। ओग्ं सत्यम्। ओं तत् सवितुर्वरेण्यं भर्गो देवस्य धीमहि। धियो यो नः प्रचोदयात्। ओं भूः। ओं भुवः। ओग्ं सुवः। ओं महः। ओं जनः। ओं तपः। ओग्ं सत्यम्।

oṃ bhūḥ। oṃ bhuvaḥ। oṃ̃ suvaḥ। oṃ mahaḥ। oṃ janaḥ। oṃ tapaḥ। oṃ̃ satyam। oṃ tat savituravareṇyaṃ bhargo devasya dhīmahi। dhiyo yo naḥ pracodayāt। oṃ bhūḥ। oṃ bhuvaḥ। oṃ̃ suvaḥ। oṃ mahaḥ। oṃ janaḥ। oṃ tapaḥ। oṃ̃ satyam।

Now, raise both your heels and let the water while looking at the sun. Then, follow the items presented in Table 34.

Action	Mantra to recite
With some water in your right palm, circle your hand around your head in a clockwise direction while simultaneously circling yourself in a clockwise direction	ओं भूर्भुवस्सुवः *oṃ bhūrbhuvassuvaḥ*
With hands in *añjali mudrā*, imagine the Lord as being in the center of the Sun	असावादित्यो ब्रह्म *asāvādityo brahma*

Table 34: Salutations to sun

केशवादि तर्पणम् ⋆⋆⋆⋆⋆ **10** ⋆⋆⋆⋆⋆ ***keśavādi tarpaṇam***

Perform the ***ācamanam*** as described in Section 1. Sit in ***kukkuṭāsana*** and hold the vessel containing water between your thumb and index fingers of your left hand. Join both you hands with palms facing upwards as shown in Figure 12.

Figure 12: Posture for ***keśavādi tarpaṇam.***

Now, follow the items presented in Table 35.

Action	**Mantra to recite**
Pour water in the hollow of your joined palms and hold it. Recite the *mantra* on the right and then let the water through the fingers of both your hands	केशवं तर्पयामि *keśavaṃ tarpayāmi*
Repeat the above action	नारायणं तर्पयामि *nārāyaṇaṃ tarpayāmi*
Repeat the above action	माधवं तर्पयामि *mādhavaṃ tarpayāmi*
Repeat the above action	गोविन्दं तर्पयामि *govindaṃ tarpayāmi*
Continued ...	

Action	Mantra to recite
Repeat the above action	विष्णुं तर्पयामि *viṣṇuṃ tarpayāmi*
Repeat the above action	मधुसूदनं तर्पयामि *madhusūdanaṃ tarpayāmi*
Repeat the above action	त्रिविक्रमं तर्पयामि *trivikramaṃ tarpayāmi*
Repeat the above action	वामनं तर्पयामि *vāmanaṃ tarpayāmi*
Repeat the above action	श्रीधरं तर्पयामि *śrīdharaṃ tarpayāmi*
Repeat the above action	हृषीकेशं तर्पयामि *hṛṣīkeśaṃ tarpayāmi*
Repeat the above action	पद्मनाभं तर्पयामि *padmanābhaṃ tarpayāmi*
Repeat the above action	दामोदरं तर्पयामि *dāmodaraṃ tarpayāmi*

Table 35: ***keśavādi tarpaṇam***

Perform the ***ācamanam*** as described Section 1.

जपस्थल प्रोक्षणम्	⋆⋆⋆⋆⋆ **11** ⋆⋆⋆⋆⋆	*japasthala prokṣaṇam*

Sprinkle some water on a clean area and recite

ओं भूर्भुव॒स्सुव॑ः

oṃ bhūrbhuva̲suváḥ

Stand anywhere in the water-sprinkled area facing east and follow the items presented in Table 36.

Action	Mantra to recite
Touch top of the head with right fingers	आसनमन्त्रस्य पृथिव्या मेरुपृष्ठ ऋषिः *āsanamantrasya pṛthivyā merupṛṣṭha ṛṣiḥ*
Touch tip of the nose with right fingers	सुतलं छन्दः *sutalaṃ chandaḥ*
Touch chest with right fingers	श्री कूर्मो देवता *śrī kūrmo devatā*
With hands in *añjali mudrā*	आसने विनियोगः *āsane viniyogaḥ*

Table 36: *nyāsam* for *āsanam*

With hands in *añjali mudrā*, recite

पृथ्वि त्वया धृता लोका देवि त्वं विष्णुना धृता।
त्वं च धारय मां देवि पवित्रं कुरु चासनम्॥

pṛthvi tvayā dhṛtā lokā devi tvaṃ viṣṇunā dhṛtā।
tvaṃ ca dhāraya māṃ devi pavitraṃ kuru cāsanam॥

न्यासम् ⋆⋆⋆⋆⋆ **12** ⋆⋆⋆⋆⋆ *nyāsam*

Perform *prāṇāyāmam* as described in Section 2, three times. Configure the *saṅkalpam* posture as described in Section 3 and recite

श्री भगवदाज्ञया श्रीमन्नारायण प्रीत्यर्थं माध्याह्निक सन्ध्या अष्टोत्तर शत वारं (If you wish to recite the *gāyatrī mantram* 108 times) **अष्टाविंशति वारं** (If you wish to recite the *gāyatrī mantram* 28 times) **दश वारं** (If you wish to recite the *gāyatrī mantram* 10 times) **गायत्री मन्त्र जपं करिष्ये।**

śrī bhagavadājñayā śrīmannārāyaṇa prītyarthaṃ mādhyāhnika sandhyā aṣṭottara śata vāraṃ (If you wish to recite the *gāyatrī mantram* 108 times) *aṣṭāviṃśati vāraṃ* (If you wish to recite the

gāyatrī mantram 28 times) ***daśa vāraṃ*** (If you wish to recite the ***gāyatrī mantram*** 10 times) ***gāyatrī mantra japaṃ kariṣye***।

Then, follow the items presented in Table 37.

Action	Mantra to recite
Touch top of the head with right fingers	प्रणवस्य ऋषिर्ब्रह्मा *praṇavasya ṛṣirbrahmā*
Touch tip of the nose with right fingers	देवी गायत्री छन्दः *devī gāyatrī chandaḥ*
Touch chest with right fingers	परमात्मा देवता *paramātmā devatā*
Touch top of the head with right fingers	भूरादि सप्त व्याहृतीनां अत्रि भृगु कुत्स वसिष्ठ गौतम काश्यप आङ्गिरस ऋषयः *bhūrādi sapta vyāhṛtīnāṃ atri bhṛgu kutsa vasiṣṭha gautama kāśyapa āṅgirasa ṛṣayaḥ*
Touch tip of the nose with right fingers	गायत्री उष्णिक् अनुष्टुप् बृहती पङ्क्ति त्रिष्टुप् जगत्यः छन्दाग्ंसि *gāyatrī uṣṇik anuṣṭup bṛhatī paṅkti triṣṭup jagatyaḥ chandāṁsi*
Touch chest with right fingers	अग्नि वायु अर्क वागीश वरुण इन्द्र विश्वे देवा देवताः *agni vāyu arka vāgīśa varuṇa indra viśve devā devatāḥ*
Touch top of the head with right fingers	सावित्र्या ऋषिः विश्वामित्रः *sāvitryā ṛṣiḥ viśvāmitraḥ*
Continued ...	

Action	Mantra to recite
Touch tip of the nose with right fingers	देवी गायत्री छन्दः *devī gāyatrī chandaḥ*
Touch chest with right fingers	सविता देवता *savitā devatā*
Touch top of the head with right fingers	गायत्री शिरसो ब्रह्मा ऋषिः *gāyatrī śiraso brahmā ṛṣiḥ*
Touch tip of the nose with right fingers	अनुष्टुप् छन्दः *anuṣṭup chandaḥ*
Touch chest with right fingers	परमात्मा देवता *paramātmā devatā*
With hands in *añjali mudrā*	सर्वेषां प्राणायामे विनियोगः *sarveṣāṃ prāṇāyāme viniyogaḥ*

Table 37: *nyāsam*

With hands in *añjali mudrā*, recite

मुक्ताविद्रुम हेमनील धवळच्छायैर्मुखैस्त्रीक्षणैः
युक्तामिन्दुकला निबद्धमकुटां तत्त्वार्थ वर्णात्मिकाम्।
गायत्रीं वरदाभयां कुशकशं शुभ्रं कपालं गुणम्
शङ्खं चक्रमथारविन्दयुगळं हस्तैर्वहन्तीं भजे॥

muktāvidruma hemanīla dhavaḷacchāyairmukhaistrīkṣaṇaiḥ
yuktāmindukalā nibaddhamakuṭāṃ tattvārtha varṇātmikām।
gāyatrīṃ varadābhayāṃ kuśakaśaṃ śubhraṃ kapālaṃ guṇam
śaṅkhaṃ cakramathāravindayugaḷaṃ hastairvahantīṃ bhaje॥

Follow the item presented in Table 38.

Action	Mantra to recite
With your two hands gently touch different parts of your body from head to toe.	ओमापो॒ ज्योती॒ रसो॒ऽमृतं॒ ब्रह्म॒ भूर्भु॒व॒स्सु॒व॒रोम् *omāpo॒ jyotī॒ raso॒'mṛta॒ṃ brahma॒ bhūrbhuva॒ssuva॒rom*

Table 38: Sanctifying different parts of the body

With hands in *añjali mudrā*, recite

अर्कमण्डल मध्यस्थं सूर्यकोटिसमप्रभम्।
ब्रह्मादि सेव्य पादाब्जं नौमि ब्रह्म रमासखम्॥

arkamaṇḍala madhyastha॒ṃ sūryakoṭisamaprabham।
brahmādi sevya pādābja॒ṃ naumi brahma ramāsakham॥

Perform the *prāṇāyāmam* described in Section 2, three times. It is also a pratice to recite the following ten times instead of performing the *prāṇāyāmam* three times.

ओं भूः। ओं भुवः। ओग्ं सुवः। ओं महः। ओं जनः। ओं तपः। ओग्ं सत्यम्। ओं तत् स॑वि॒तुर्वरे॑ण्यं॒ भर्गो॑ दे॒वस्य॑ धीमहि। धियो॒ यो नः॑ प्रचो॒दया॑त्। ओमापो॒ ज्योती॒ रसो॒ऽमृतं॒ ब्रह्म॒ भूर्भु॒व॒स्सु॒व॒रोम्॥

oṃ bhūḥ। oṃ bhuvaḥ। oṁ̃ suvaḥ। oṃ mahaḥ। oṃ janaḥ। oṃ tapaḥ। oṁ̃ sa॒tyam। oṃ tat sa॑vi॒turvare॑ṇya॒ṃ bhargo॑ de॒vasya॑ dhīmahi। dhiyo॒ yo na॑ḥ praco॒daya॑t। omāpo॒ jyotī॒ raso॒'mṛta॒ṃ brahma॒ bhūrbhuva॒ssuva॒rom॥

गायत्री आवाहनम्	⋆⋆⋆⋆⋆ **13** ⋆⋆⋆⋆⋆	*gāyatrī āvāhanam*

Follow the items presented in Table 39.

Action	Mantra to recite
Touch top of the head with right fingers	आयातु इति अनुवाकस्य वामदेव ऋषिः *āyātu iti anuvākasya vāmadeva ṛṣiḥ*
Touch tip of the nose with right fingers	अनुष्टुप् छन्दः *anuṣṭup chandaḥ*
Touch chest with right fingers	गायत्री देवता *gāyatrī devatā*
With hands in *añjali mudrā*	गायत्री आवाहने विनियोगः *gāyatrī āvāhane viniyogaḥ*

Table 39: *nyāsam* for *gāyatrī āvāhanam*

With hands in *añjali mudrā*, recite

आयांतु॒ वर॑दा दे॒वी अ॒क्षर॑ं ब्रह्म॒संमि॑तम्। गा॒य॒त्रीं॑ छन्द॑सां मा॒तेदं ब्र॑ह्म जुषस्व॑ नः। ओजो॑ऽसि॒ सहो॑ऽसि॒ बल॑मसि॒ भ्राजो॑ऽसि दे॒वानां॒ धाम॒ नामा॑सि॒ विश्व॑मसि॒ वि॒श्वायु॒स्सर्व॑मसि॒ स॒र्वायु॒रभिभूरों॥

āyā́tu varádā devī́ akṣarā́ṃ brahmasaṃmítam। gāyatrī́ṃ chandā́sāṃ mātedaṃ brā́hma juṣasvá naḥ। ojó'si sahó'si balámasi bhrājó'si devānāṃ dhāma nāmā́si viśvámasi viśvāyussarvámasi sarvāyurabhibhūroṃ॥

Next, follow the items presented in Table 40.

Action	Mantra to recite
Starting with *añjali mudrā*, then opening your palms, move both hands in a circular motion towards your heart.	गायत्रीं आवा॑हया॒मि *gāyatrīṃ āvā́hayāmi*
Continued ...	

Action	Mantra to recite
Repeat the above action	सावित्रीं आवाहयामि *sāvitrīṃ āvāhayāmi*
Repeat the above action	सरस्वतीं आवाहयामि *sarasvatīṃ āvāhayāmi*

Table 40: *gāyatrī āvāhana mantram*

With hands in *añjali mudrā*, recite

मध्यन्दिने तु सावित्रीं रविमण्डल मध्यगाम्।
यजुर्वेदं व्याहरन्तीं श्वेतां शूलकरां शिवाम्।
युवतीं रुद्रदैवत्यां ध्यायामि वृषवाहनाम्॥

madhyandine tu sāvitrīṃ ravimaṇḍala madhyagām।
yajurvedaṃ vyāharantīṃ śvetāṃ śūlakarāṃ śivām।
yuvatīṃ rudradaivatyāṃ dhyāyāmi vṛṣavāhanām॥

Then, follow the items presented in Table 41.

Action	Mantra to recite
Touch top of the head with right fingers	सावित्र्या ऋषिः विश्वामित्रः *sāvitryā ṛṣiḥ viśvāmitraḥ*
Touch tip of the nose with right fingers	देवी गायत्री छन्दः *devī gāyatrī chandaḥ*
Touch chest with right fingers	सविता देवता *savitā devatā*
With hands in *añjali mudrā*	माध्याह्निक सन्ध्या जपे विनियोगः *mādhyāhnika sandhyā jape viniyogaḥ*

Table 41: *nyāsam* for *gāyatrī japam*

With hands in ***añjali mudrā***, recite

यो देवस्सविताऽस्माकं धियो धर्मादि गोचराः।
प्रेरयेत्तस्य यद्भर्गस्तद्वरेण्यं उपास्महे॥

yo devassavitā'smākaṃ dhiyo dharmādi gocarāḥ।
prerayettasya yadbhargastadvareṇyaṃ upāsmahe॥

गायत्री जपम् ⋆⋆⋆⋆⋆ **14** ⋆⋆⋆⋆⋆ ***gāyatrī japam***

Cover both your hands with the upper cloth you are wearing, join your hands and bring them to the level of your chest. Open yours palms such that they face you, as shown in Figure 13(a). Recite the following ***gāyatrī mantram*** as many as times as resolved in the ***saṅkalpam*** in Section 12. The counting is done with fingers on both your hands in the following way. The left hand is used for counting the units while the right hand is used for counting the tens. The counting on the left hand is shown in Figure 13(b). The counting is done in a similar way in your right hand.

ओं। भूर्भुव॒स्सुव॑ः। तत्स॑वि॒तुर्वरे॑णि॒यं। भर्गो॑ दे॒वस्य॑ धीमहि। धियो॒ यो नः॑ प्रचो॒दया॑त्॥

oṃ। bhūrbhuva̲ssuváḥ। tatsávi̲turvareṇíyaṃ। bhargó̍ de̲vasyá̍ dhīmahi। dhiyo̲ yo náḥ praco̲dayá̲t॥

(a) Posture for ***gāyatrī japam***
(According to some, upper cloth rests on the left shoulder.)

(b) Counting procedure for ***gāyatrī japam***

Figure 13: Posture and counting procedure for ***gāyatrī japam.***

अष्टाक्षर जपम्	⋆⋆⋆⋆⋆ **15** ⋆⋆⋆⋆⋆	*aṣṭākṣara japam*

The items in this Section is applicable to people who have undergone ***samāśrayaṇam*** under an ***ācārya***. Recite the ***taniyans*** of your ***ācārya paramparā***. Now, do the ***prāṇāyamam*** as described in Section 2 with the ***aṣṭākṣara mantram*** instead of the ***prāṇāyāma mantram***. This is performed three times. Then, follow the items presented in Table 42.

Action	Mantra to recite
Touch top of the head with right fingers	श्रीमदष्टाक्षर महामन्त्रस्य बदरिकाश्रमवासी श्रीमन्नारायण ऋषिः *śrīmadaṣṭākṣara mahāmantrasya badarikāśramavāsī śrīmannārāyaṇa ṛṣiḥ*
Touch tip of the nose with right fingers	देवी गायत्री छन्दः *devī gāyatrī chandaḥ*
Touch chest with right fingers	परमात्मा श्रीमन्नारायणो देवता *paramātmā śrīmannārāyaṇo devatā*
With hands in *añjali mudrā*	श्रीमन्नारायण प्रीत्यर्थे जपे विनियोगः *śrīmannārāyaṇa prītyarthe jape viniyogaḥ*

Table 42: ***nyāsam*** for ***aṣṭākṣara japam***

With hands in ***añjali mudrā***, recite

सव्यं पादं प्रसार्य श्रितदुरितहरं दक्षिणं कुञ्चयित्वा
जानुन्याधाय सव्येतरमितरभुजं नागभोगे निधाय।
पश्चाद्बाहुद्वयेन प्रतिभटशमने धारयन् शङ्खचक्रे
देवीभूषादिजुष्टो जनयतु जगतां शर्म वैकुण्ठनाथः॥

savyaṃ pādaṃ prasārya śritaduritaharaṃ dakṣiṇaṃ kuñcayitvā
jānunyādhāya savyetaramitarabhujaṃ nāgabhoge nidhāya।

paścādbāhudvayena pratibhaṭaśamane dhārayan śaṅkhacakre
devībhūṣādijuṣṭo janayatu jagatāṃ śarma vaikuṇṭhanāthaḥ॥

Now, recite the *aṣṭākṣara mantram* as many times as resolved for *gāyatrī japam.*

गायत्री उद्वासनम् ★★★★★ 16 ★★★★★ *gāyatrī udvāsanam*

Peform *prāṇāyāmam* as described in Section 2, three times. Come to the *saṅkalpam* posture as mentioned in Section 3 and recite

श्री भगवदाज्ञया श्रीमन्नारायण प्रीत्यर्थं माध्याह्निक सन्ध्या उपस्थानं करिष्ये।

śrī bhagavadājñayā śrīmannārāyaṇa prītyarthaṃ mādhyāhnika sandhyā upasthānaṃ kariṣye।

Stand up and follow the items presented in Table 43.

Action	Mantra to recite
Touch top of the head with right fingers	उत्तम इत्यनुवाकस्य वामदेव ऋषिः *uttama ityanuvākasya vāmadeva ṛṣiḥ*
Touch tip of the nose with right fingers	अनुष्टुप् छन्दः *anuṣṭup chandaḥ*
Touch chest with right fingers	गायत्री देवता *gāyatrī devatā*
With hands in *añjali mudrā*	गायत्री उद्वासने विनियोगः *gāyatrī udvāsane viniyogaḥ*

Table 43: *nyāsam* for *udvāsanam*

With hands in *añjali mudrā,* recite

उत्तमे॑ शिखरे॒ दे॒वी॒ भूम्यां॑ पर्वत॒मूर्ध॑नि।
ब्रा॒ह्म॒णे॒भ्यो॒ ह्य॑नुज्ञा॒नं॒ ग॒च्छ॒ दे॑वि॒ य॒था॒ सु॒खम्॥

uttamé śikhára devī bhūmyāṃ párvatamūrdhání।
brāhmaṇébhyo hyánujñānaṃ gaccha dévi yathā sukham॥

It is also a practice to do the ***aṣṭākṣara japam*** here instead of doing it soon after ***gāyatrī mantra japam.*** In this case, peform the items presented in Section 15.

गायत्री उपस्थानम्	⋆⋆⋆⋆⋆ **17** ⋆⋆⋆⋆⋆	***gāyatrī upasthānam***

Follow the items presented in Table 44.

Action	Mantra to recite
Touch top of the head with right fingers	आसत्येनेत्यादिमन्त्राणां हिरण्यस्तूप विश्वामित्र कुत्स वसिष्ठा ऋषयः *āsatyenetyādimantrāṇāṃ hiraṇyastūpa viśvāmitra kutsa vasiṣṭhā ṛṣayaḥ*
Touch tip of the nose with right fingers	त्रिष्टुप् गायत्री जगति उष्णिक् त्रिष्टुप् छन्दांसि *triṣṭup gāyatrī jagati uṣṇik triṣṭup chandāṃsi*
Touch chest with right fingers	आदित्यो देवता *ādityo devatā*
With hands in *añjali mudrā*	माध्याह्निक सन्ध्योपस्थाने विनियोगः *mādhyāhnika sandhyopasthāne viniyogaḥ*

Table 44: ***nyāsam*** for ***upasthānam***

With hands in ***añjali mudrā,*** recite

आसत्येन रजसा वर्तमानो निवेशयन्नमृतं मर्त्यञ्च। हिरण्ययेन सविता रथेनाऽऽदेवो याति भुवना विपश्यन्॥

āsatyena rajásā vartámāno niveśayánnamṛtaṃ martyáñca। hiraṇyayéna savitā rathenā''devo yáti bhuvánā vipaśyan॥

उद्वयं तमसस्परि पश्यन्तो ज्योतिरुत्तरम्। देवं देवत्रा सूर्यमगन्म ज्योतिरुत्तमम्। उदुत्यं जातवेदसं देवं वहन्ति केतवः। दृशे विश्वाय सूर्यं॥

udvayaṃ tamásaspari paśyánto jyotiruttáram। devaṃ dévatrā sūryamagánma jyotíruttamam। udutyaṃ jātavédasaṃ devaṃ váhanti ketaváḥ। dṛśe viśvāya sūryám॥

चित्रं देवानामुदगादनीकं चक्षुर्मित्रस्य वरुणस्याग्नेः। आ प्रा द्यावा पृथिवी अन्तरिक्षगुं सूर्य आत्मा जगतस्तस्थुषश्च। तच्चक्षुर्देवहितं पुरस्ताच्छुक्रमुच्चरत्॥

citraṃ devānāmudágādanīkaṃ cakṣúrmitrasya varúṇasyāgneḥ। ā prā dyāvā pṛthivī antarikṣaṃ sūryá ātmā jagátastasthuṣáśca। taccakṣúrdevahitaṃ purastāccukramuccarát॥

Here, one needs to configure the *vyoma mudrā*. This is done as follows.

1. Face your left palm upward and right palm downward.
2. Fold the middle and ring fingers of both your hands inwards.
3. Overlap the index finger of your right hand on the little finger of your left hand.
4. Overlap the little finger of your right hand on the index finger of your left hand.
5. Move the middle and ring fingers of your left hand over the index finger of your right hand (which is on top of the little finger of your left hand) and place them below the thumb of your right hand.
6. Move the middle and ring fingers of your right hand below the index finger of your left hand (which is below the little finger of your right hand) and place them above the thumb of your left hand.

7. Make sure that there is a small slit formed between the two hands.

This configuration is shown in Figure 14. View the sun through this slit and recite the following

पश्येम शरदश्शतम्। जीवेम शरदश्शतम्। नन्दाम शरदश्शतम्। मोदाम शरदश्शतम्। भवाम शरदश्शतम्। शृणवाम शरदश्शतम्। प्रब्रवाम शरदश्शतम्। अजीतास्याम शरदश्शतम्। ज्योक् च सूर्यं दृशे॥

paśyéma śaradáśśatam। jīvéma śaradáśśatam। nandā́ma śaradáśśatam। modā́ma śaradáśśatam। bhavā́ma śaradáśśatam। śṛṇavā́ma śaradáśśatam। prabrávāma śaradáśśatam। ajītāsyāma śaradáśśatam। jyok ca sūryáṃ dṛśe॥

Figure 14: Posture for *vyoma mudrā.*

With hands in *añjali mudrā,* recite

य उदगान् महतोऽर्णवात् विभ्राजमानः सरिरस्य मध्यात् समा वृषभो लोहिताक्षस्सूर्यो विपश्चिन् मनसा पुनातु॥

ya udágān mahato'rṇavā́t vibhrājámānaḥ sarirasya madhyā́t samā́ vṛṣabho lóhitākṣassūryó vipaścin manásā punātu॥

सन्ध्यादि देवता वन्दनम् ⋆⋆⋆⋆⋆ **18** ⋆⋆⋆⋆⋆ *sandhyādi devatā vandanam*

Follow the items presented in Table 45.

Action	Mantra to recite
Face east with hands in *añjali mudrā*	ओं सन्ध्यायै नमः *oṃ sandhyāyai namaḥ*
Face south with hands in *añjali mudrā*	ओं सावित्र्यै नमः *oṃ sāvitryai namaḥ*
Face west with hands in *añjali mudrā*	ओं गायत्र्यै नमः *oṃ gāyatryai namaḥ*
Face north with hands in *añjali mudrā*	ओं सरस्वत्यै नमः *oṃ sarasvatyai namaḥ*
Face east with hands in *añjali mudrā*	ओं सर्वाभ्यो देवताभ्यो नमो नमः *oṃ sarvābhyo devatābhyo namo namaḥ*
With hands in *añjali mudrā*	ओं कामोऽकार्षीत् मन्युरऽकार्षीत् नमो नमः *oṃ kāmo'kārṣīt manyura'kārṣīt namo namaḥ*

Table 45: *sandhyādi devatā vandanam*

अभिवादनम् ⋆⋆⋆⋆⋆ 19 ⋆⋆⋆⋆⋆ *abhivādanam*

Come to a posture as shown on the left side of Figure 15. Recite

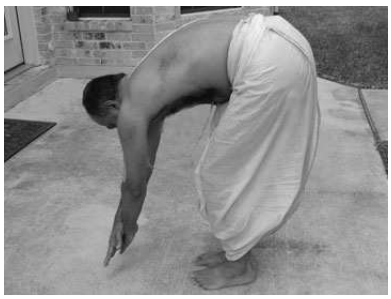

Figure 15: Posture for ***abhivādaye.***

अभिवादये
choose from column two of Table 70 based on your gotram
त्रयार्षेय प्रवरान्वित (if there are three *ṛṣis* in your *pravaram*)
पञ्चार्षेय प्रवरान्वित (if there are five *ṛṣis* in your *pravaram*)
choose from column one of Table 70 गोत्रः
choose from column two of Table 71 based on your branch of veda सूत्रः
choose from column one of Table 71 based on your branch of veda
शाखाध्यायी
say your name शर्मा नामाहं अस्मिभोः

abhivādaye
choose from column two of Table 70 based on your gotram
trayārṣeya pravarānvita (if there are three *ṛṣis* in your *pravaram*)
pañcārṣeya pravarānvita (if there are five *ṛṣis* in your *pravaram*)
choose from column one of Table 70 *gotraḥ*
choose from column two of Table 71 based on your branch of veda *sūtraḥ*
choose from column one of Table 71 based on your branch of veda
śākhādhyāyī
say your name *śarmā nāmāhaṃ asmibhoḥ*

Immediately come to a posture as shown on the right side of Figure 15 and then stand erect.

दिक् वन्दनम्	⋆⋆⋆⋆⋆ **20** ⋆⋆⋆⋆⋆	*dik vandanam*

Follow the items presented in Table 46.

Action	**Mantra to recite**
Face east with hands in *añjali mudrā*	ओं प्राच्यै दिशे नमः *oṃ prācyai diśe namaḥ*
Continued ...	

Action	Mantra to recite
Face south with hands in *añjali mudrā*	ओं दक्षिणायै दिशे नमः *oṃ dakṣiṇāyai diśe namaḥ*
Face west with hands in *añjali mudrā*	ओं प्रतीच्यै दिशे नमः *oṃ pratīcyai diśe namaḥ*
Face north with hands in *añjali mudrā*	ओं उदीच्यै दिशे नमः *oṃ udīcyai diśe namaḥ*
Facing east, with hands in *añjali mudrā*, look above	ओं ऊर्ध्वाय नमः *oṃ ūrdhvāya namaḥ*
With hands in *añjali mudrā*, look below	ओं अधराय नमः *oṃ adharāya namaḥ*
With hands in *añjali mudrā*, look towards the sky	ओं अन्तरिक्षाय नमः *oṃ antarikṣāya namaḥ*
With hands in *añjali mudrā*, look towards the earth	ओं भूम्यै नमः *oṃ bhūmyai namaḥ*
With hands in *añjali mudrā*, think of the Lord in the Sun's orbit	ओं विष्णवे नमः *oṃ viṣṇave namaḥ*

Table 46: *digvandanam*

With hands in ***añjali mudrā***, recite

ध्येयस्सदा सवितृमण्डल मध्यवर्ती
नारायणः सरसिजासन सन्निविष्टः।
केयूरवान् मकर कुण्डलवान् किरीटी
हारी हिरण्मय वपुः धृतशङ्ख चक्रः॥

dhyeyassadā savitṛmaṇḍala madhyavartī
nārāyaṇaḥ sarasijāsana sanniviṣṭaḥ।

keyūravān makara kuṇḍalavān kirīṭī
hārī hiraṇmaya vapuḥ dhṛtaśaṅkha cakraḥ॥

शङ्खचक्र गदापाणे द्वारका निलयाच्युत।
गोविन्द पुण्डरीकाक्ष रक्ष मां शरणागतम्॥

śaṅkhacakra gadāpāṇe dvārakā nilayācyuta।
govinda puṇḍarīkākṣa rakṣa māṃ śaraṇāgatam॥

नमो ब्रह्मण्यदेवाय गोब्राह्मणहिताय च।
जगद्धिताय कृष्णाय गोविन्दाय नमो नमः॥

namo brahmaṇyadevāya gobrāhmaṇahitāya ca।
jagaddhitāya kṛṣṇāya govindāya namo namaḥ॥

Perform ***abhivādanam*** as described in Section 19 and follow it up with an ***ācamanam,*** as described in Section 1. Sprinkle some water on the place you performed the a ***sandhyāvandanam,*** and then recite

ओं भूर्भुव॒स्सु॑वः

oṃ bhūrbhuva̲ssuváḥ

Recite

श्री कृष्णाय नमः

śrī kṛṣṇāya namaḥ

ten times.

सात्विक त्यागम्	⋆⋆⋆⋆⋆ **21** ⋆⋆⋆⋆⋆	*sātvika tyāgam*

With hands in ***añjali mudrā,*** recite

भगवानेव स्वनियाम्य स्वरूपस्थिति प्रवृत्ति स्वशेषतैक रसेन अनेन आत्मना कर्त्रा स्वकीयैश्च उपकरणैः स्वाराधनैक प्रयोजनाय परमपुरुषः सर्वशेषी श्रियः

पतिः स्वशेषभूतं इदं माध्याह्निक सन्ध्यावन्दनाख्यं कर्म स्वस्मै स्वप्रीतये स्वयमेव कारितवान्॥

bhagavāneva svaniyāmya svarūpasthiti pravṛtti svaśeṣataika rasena anena ātmanā kartrā svakīyaiśca upakaraṇaiḥ svārādhanaika prayojanāya paramapuruṣaḥ sarvaśeṣī śriyaḥ patiḥ svaśeṣabhūtaṃ idaṃ mādhyāhnika sandhyāvandanākhyaṃ karma svasmai svaprītaye svayameva kāritavān॥

श्रीरङ्ग मङ्गळमणिं करुणा निवासम्।
श्री वेङ्कटाद्रि शिखरालय काळमेघम्॥

śrīraṅga maṅgaḷamaṇiṃ karuṇā nivāsam।
śrī veṅkaṭādri śikharālaya kāḷamegham॥

श्री हस्तिशैल शिखरोज्वल पारिजातम्।
श्रीशं नमामि शिरसा यदुशैलदीपम्॥

śrī hastiśaila śikharojvala pārijātam।
śrīśaṃ namāmi śirasā yaduśailadīpam॥

कायेन वाचा मनसेन्द्रियैर्वा बुद्ध्याऽऽत्मना वा प्रकृतेः स्वभावात्।
करोमि यद्यत् सकलं परस्मै नारायणायेति समर्पयामि॥

kāyena vācā manasendriyairvā
buddhyā''tmanā vā prakṛteḥ svabhāvāt।
karomi yadyat sakalaṃ parasmai
nārāyaṇāyeti samarpayāmi॥

——— ********** ———

॥ सायं सन्ध्यावन्दनम् ॥

॥ *sāyaṃ sandhyāvandanam* ॥

(Evening sandhyavandanam)

आचमनम्	⋆⋆⋆⋆⋆ **1** ⋆⋆⋆⋆⋆	*ācamanam*

Facing east, sit in ***kukkuṭāsana***, hold a small vessel of water in your left hand and fold your right palm in such a way that the little finger, ring finger and middle finger are stretched while the index finger is bent inwards to accommodate a small amount of water in the hollow of your right palm, as shown in Figure 16. Then, follow the items presented in Table 47.

Figure 16: Posture for *ācamanam.*

Action	Mantra to recite
Pour a small amount of water in your right palm and swallow (not sip)	ओं अच्युताय नमः *oṃ acyutāya namaḥ*
Repeat the above action	ओं अनन्ताय नमः *oṃ anantāya namaḥ*
Repeat the above action	ओं गोविन्दाय नमः *oṃ govindāya namaḥ*

Table 47: *ācamanam-1*

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After that, wash your right hand and wipe your lips with your right thumb. You should move the thumb from right to left. Again, wash your right hand with water. Now, follow the items presented in Table 48.

Action	Mantra to recite
Touch right cheek with right thumb	ओं केशवाय नमः *oṃ keśavāya namaḥ*
Touch left cheek with right thumb	ओं नारायणाय नमः *oṃ nārāyaṇāya namaḥ*
Touch right eye with right ring finger	ओं माधवाय नमः *oṃ mādhavāya namaḥ*
Touch left eye with right ring finger	ओं गोविन्दाय नमः *oṃ govindāya namaḥ*
Touch right side of nose with right index finger	ओं विष्णवे नमः *oṃ viṣṇave namaḥ*
Touch left side of nose with right index finger	ओं मधुसूदनाय नमः *oṃ madhusūdanāya namaḥ*
Touch right ear with right little finger	ओं त्रिविक्रमाय नमः *oṃ trivikramāya namaḥ*
Touch left ear with right little finger	ओं वामनाय नमः *oṃ vāmanāya namaḥ*
Touch right shoulder with right middle finger	ओं श्रीधराय नमः *oṃ śrīdharāya namaḥ*
Touch left shoulder with right middle finger	ओं हृषीकेशाय नमः *oṃ hṛṣīkeśāya namaḥ*
Continued ...	

Action	Mantra to recite
Touch navel with all right fingers	ओं पद्मनाभाय नमः *oṃ padmanābhāya namaḥ*
Touch top of the head with all right fingers	ओं दामोदराय नमः *oṃ dāmodarāya namaḥ*

Table 48: *ācamanam-2*

The *ācamanam* described above must be performed twice.

प्राणायामम्	⋆⋆⋆⋆⋆ 2 ⋆⋆⋆⋆⋆	*prāṇāyāmam*

Close your left nostril with your right hand little and ring fingers and release the air within your lungs through the right nostril slowly. Next, close your right nostril with your right hand thumb while simultaneously opening the left nostril and inhale through your left nostril to fill up your lungs. Next, close your left nostril with your right hand little and ring fingers so that both your nostrils are now closed, as shown in Figure 17. With your mouth and eyes closed, mentally recite the following, three times.

ओं भूः। ओं भुवः। ओग्ं सुवः। ओं महः। ओं जनः। ओं तपः। ओग्ं सत्यम्। ओं तत् सवि॒तुर्वरे॑ण्यं भर्गो॑ दे॒वस्य॑ धीमहि। धियो॒ यो नः॑ प्रचो॒दया॑त्। ओमापो॒ ज्योती॒ रसो॒ऽमृतं॒ ब्रह्म॒ भूर्भुव॒स्सुव॒रोम्॥

oṃ bhūḥ। oṃ bhuvaḥ। oṁ̃ suvaḥ। oṃ mahaḥ। oṃ janaḥ। oṃ tapaḥ। oṁ̃ satyam। oṃ tat savi॒turvare॑ṇya॒ṃ bhargo॑ de॒vasya॑ dhīmahi। dhiyo॒ yo na॑ḥ praco॒daya॑t। omāpo॒ jyoti॒ raso॑'mṛta॒ṃ brahma॒ bhūrbhuva॒ssuva॒rom॥

After that, open your right nostril and release the air held within your lungs slowly. Then, touch your right ear with the fingers of your right hand.

Figure 17: Postures for ***prāṇāyāmam.***

सङ्कल्पम्	⋆⋆⋆⋆⋆ **3** ⋆⋆⋆⋆⋆	***saṅkalpam***

Place your left hand on your right thigh with your left hand palm facing upwards. Then place your right hand on top of your left hand covering your left hand palm as shown in Figure 18. This is the posture for ***saṅkalapam.***

Figure 18: Posture for ***saṅkalpam.***

Now, recite

श्री भगवदाज्ञया श्रीमन्नारायण प्रीत्यर्थं सायं सन्ध्यां उपासिष्ये।

śrī bhagavadājñayā śrīmannārāyaṇa prītyarthaṃ sāyaṃ sandhyāṃ upāsiṣye।

सात्विक त्यागम्	⋆⋆⋆⋆⋆ **4** ⋆⋆⋆⋆⋆	***sātvika tyāgam***

With both your hands in ***añjali mudrā*** (that is, ***namaste*** position), recite

भगवानेव स्वनियाम्य स्वरूपस्थिति प्रवृत्ति स्वशेषतैक रसेन अनेन आत्मना कर्त्रा स्वकीयैश्च उपकरणैः स्वाराधनैक प्रयोजनाय परमपुरुषः सर्वशेषी श्रियः पतिः स्वशेषभूतं इदं सायं सन्ध्यावन्दनाख्यं कर्म स्वस्मै स्वप्रीतये स्वयमेव कारयति॥

bhagavāneva svaniyāmya svarūpasthiti pravṛtti svaśeṣataika rasena anena ātmanā kartrā svakīyaiśca upakaraṇaiḥ svārādhanaika prayojanāya paramapuruṣaḥ sarvaśeṣī śriyaḥ patiḥ svaśeṣabhūtaṃ idaṃ sāyaṃ sandhyāvandanākhyaṃ karma svasmai svaprītaye svayameva kārayati॥

प्रोक्षणम्	⋆⋆⋆⋆⋆ 5 ⋆⋆⋆⋆⋆	*prokṣaṇam*

Follow the items presented in Table 49.

Action	Mantra to recite
Touch top of the head with right fingers	आपोहिष्ठेति मन्त्रस्य सिन्धुद्वीप ऋषिः *āpohiṣṭheti mantrasya sindhudvīpa ṛṣiḥ*
Touch tip of the nose with right fingers	देवी गायत्री छन्दः *devī gāyatrī chandaḥ*
Touch chest with right fingers	आपो देवता *āpo devatā*
With hands in *añjali mudrā*	अपां प्रोक्षणे विनियोगः *apāṃ prokṣaṇe viniyogaḥ*

Table 49: *nyāsaṃ* for *prokṣaṇaṃ*

Now, follow the items presented in Table 50.

Action	Mantra to recite
With your right fingers sprinkle some water on your head	ओं भूर्भुव॒स्सु॑वः *oṃ bhūrbhuva̲ssuváḥ*
Repeat the above action	तत्स॑वि॒तुर्वरे॑ण्यं॒ भर्गो॑ दे॒वस्य॑ धीमहि *tatsáv̲iturvarēn̈yaṃ̲ bhargó de̲vasyá dhīmahi*
Repeat the above action	धियो॒ यो नः॑ प्रचो॒दया॑त् *dhiyo̲ yo náḥ pracō̲dayā̈t*

Table 50: Prelude to *prokṣaṇa mantram*

Then, follow the items presented in Table 51.

Action	Mantra to recite
With your right fingers sprinkle some water on your head	आपो॒ हिष्ठा म॑यो॒ भुवः॑ *āpo̲ hiṣṭhā máyo̲ bhuváḥ*
Repeat the above action	ता न॑ ऊ॒र्जे द॑धातन *tā ná ūrje dádhātana*
Repeat the above action	म॒हे रणा॑य॒ चक्ष॑से *maḥe raṇā́ya̲ cakṣáse*
Repeat the above action	यो वः॑ शि॒वत॑मो॒ रसः॑ *yo váḥ śi̲vatámo̲ rasáḥ*
Repeat the above action	तस्य॑ भाजयते॒ह नः॑ *tasyá bhājayate̲ha náḥ*
Repeat the above action	उ॒श॒तीरि॑व मा॒तरः॑ *u̲śa̲tīríva mā̲taráḥ*
Continued ...	

Action	Mantra to recite
Repeat the above action	तस्मा॒ अर॑ङ्गमाम वः *tasmā̱ aráṅgamāma vaḥ*
With your right fingers sprinkle some water on your knees	यस्य॒ क्षया॑य॒ जिन्व॑थ *yasya̱ kṣayáya̱ jinvátha*
With your right fingers sprinkle some water on your head	आपो॑ ज॒नय॑था च नः *āpó ja̱nayáthā ca naḥ*
With your right fingers sprinkle some water around your head	ओं भूर्भु॒वस्सु॑वः *oṃ bhūrbhuva̱ssuvа́ḥ*

Table 51: *prokṣaṇa mantram*

प्राशनम्	⋆⋆⋆⋆⋆ **6** ⋆⋆⋆⋆⋆	*prāśanam*

Follow the items presented in Table 52.

Action	Mantra to recite
Touch top of the head with right fingers	अग्निश्चेत्यनुवाकस्य सूर्य ऋषिः *agniścetyanuvākasya sūrya ṛṣiḥ*
Touch tip of the nose with right fingers	देवी गायत्री छन्दः *devī gāyatrī chandaḥ*
Touch chest with right fingers	अग्निर्देवता *agnirdevatā*
With hands in *añjali mudrā*	अपां प्राशने विनियोगः *apāṃ prāśane viniyogaḥ*

Table 52: *nyāsaṃ* for *prāśanam*

Take a small amount of water in the hollow of your right palm and recite

अग्निश्च मा मन्युश्च मन्युपतयश्च मन्यु॑कृते॒भ्यः। पापे॒भ्यो॑ रक्ष॒न्ताम्। यदह्ना पाप॑मकार्ष॒म्। मनसा वाचा॑ हस्ता॒भ्याम्। पद्भ्यामुदरे॑ण शि॒श्ना। अह॒स्तदव॑लुम्पतु। यत्किञ्च॑ दुरि॒तं मयि॑। इदमहं माममृ॑त यो॒नौ। सत्ये ज्योतिषि जु॒होमि॑ स्वा॒हा॥

agniśca mā manyuśca manyupatayaśca manyu॑ kṛte॒bhyaḥ। pāpebhyo॑ rakṣa॒ntām। yadahnā pāpa॑makā॒rṣam। manasā vācā॑ hasta॒bhyām। padbhyāmudare॑ṇa śi॒śnā। aha॒stadā॑valu॒mpatu। yatkiñcā॑ duri॒taṃ mayi॑। idamahaṃ māmamṛ॑ta yo॒nau। satye jyotiṣi juho॑mi svā॒hā॥

Now, swallow the water in your right palm and perform *ācamanam* as described in Section 1.

पुनः प्रोक्षणम् ⋆⋆⋆⋆⋆ 7 ⋆⋆⋆⋆⋆ *punaḥ prokṣaṇam*

Follow the items presented in Table 53.

Action	Mantra to recite
Touch top of the head with right fingers	दधिक्रावण्ण इति मन्त्रस्य वामदेव ऋषिः *dadhikrāvṇṇa iti mantrasya vāmadeva ṛṣiḥ*
Touch tip of the nose with right fingers	अनुष्टुप् छन्दः *anuṣṭup chandaḥ*
Touch chest with right fingers	दधिक्रावा देवता *dadhikrāvā devatā*
With hands in *añjali mudrā*	अपां प्रोक्षणे विनियोगः *apāṃ prokṣaṇe viniyogaḥ*

Table 53: *nyāsaṃ* for *punaḥ prokṣaṇaṃ*

Then, follow the items presented in Table 54.

Action	Mantra to recite
With your right fingers sprinkle some water on your head	दधि॒क्राव्ण्णो॑ अकारिषम् *dadhikrāvṇṇó akāriṣam*
Repeat the above action	जि॒ष्णोरश्व॑स्य वा॒जिनः॑ *jiṣṇoraśvásya vājináḥ*
Repeat the above action	सु॒र॒भि नो॒ मुख॑ाकरत् *surabhi no mukhā́karat*
Repeat the above action	प्रण॒ आयूग्ं॑षि तारिषत् *praṇa āyūṃ́ṣi tāriṣat*
Repeat the above action	आपो॒ हिष्ठा म॑यो॒ भुव॑ः *āpo hiṣṭhā máyo bhuváḥ*
Repeat the above action	ता न॑ ऊ॒र्जे द॑धातन *tā ná ūrje dádhātana*
Repeat the above action	म॒हे रणा॑य॒ चक्ष॑से *mahe raṇā́ya cakṣáse*
Repeat the above action	यो व॑ः शि॒वत॑मो॒ रस॑ः *yo váḥ śivatámo rasáḥ*
Repeat the above action	तस्य॑ भाजयतेह नः॑ *tasyá bhājayateha náḥ*
Repeat the above action	उ॒श॒तीरि॑व मा॒तर॑ः *uśatīríva mātaráḥ*
Continued ...	

Action	Mantra to recite
Repeat the above action	तस्मा॒ अर॑ङ्गमाम वः *tasmā̱ ara̍ṅgamāma vaḥ*
With your right fingers sprinkle some water on your knees	यस्य॒ क्षया॑य॒ जिन्व॑थ *yasya̱ kṣaya̍ya̱ jinvátha*
With your right fingers sprinkle some water on your head	आपो॑ ज॒नय॑था च नः *āpó ja̱nayáthā ca naḥ*
With your right fingers sprinkle some water around your head	ओं भूर्भु॒व॒स्सु॒व॑ः *oṃ bhūrbhuva̱ssuvá̍ḥ*

Table 54: *punaḥ prokṣaṇa mantram*

अर्घ्य प्रदानम् ⋆⋆⋆⋆⋆ **8** ⋆⋆⋆⋆⋆ *arghya pradānam*

Perform *prāṇāyāmam* as described in Section 2. Configure the *saṅkalpam* posture as described in Section 3 and recite

श्री भगवदाज्ञया श्रीमन्नारायण प्रीत्यर्थं सायं सन्ध्या अर्घ्यप्रदानं करिष्ये।

śrī bhagavadājñayā śrīmannārāyaṇa prītyarthaṃ sāyaṃ sandhyā arghyapradānaṃ kariṣye।

Follow the items presented in Table 55.

Action	Mantra to recite
Touch top of the head with right fingers	अर्घ्यप्रदान मन्त्रस्य विश्वामित्र ऋषिः *arghyapradāna mantrasya viśvāmitra ṛṣiḥ*
Continued ...	

Action	Mantra to recite
Touch tip of the nose with right fingers	देवी गायत्री छन्दः *devī gāyatrī chandaḥ*
Touch chest with right fingers	सविता देवता *savitā devatā*
With hands in *añjali mudrā*	अर्घ्यप्रदाने विनियोगः *arghyapradāne viniyogaḥ*

Table 55: ***nyāsam*** for ***arghya pradānam***

For ***sāyam sandhyāvandanam,*** from now on face west. Stand erect and hold the vessel containing water between your thumb and index fingers of your left hand. Join both you hands with palms facing upwards. Pour water in hollow of your joined palms and hold it. Raise both your hands to the level of your forehead. Now recite

ओं भूर्भुवस्सुवः। तत् सवितुर्वरेण्यं। भर्गो देवस्य धीमहि। धियो यो नः प्रचोदयात्।

oṃ bhūrbhūvassuvaḥ। tat savituravareṇyaṃ। bhargo devasya dhīmahi। dhiyo yo naḥ pracodayāt।

Now, raise both your heels and let the water while looking at the sun as shown in Fig 19. Perform the above mentioned process from pouring water into the hollow of your joined palms to letting it, three times.

प्रायश्चित्त अर्घ्य प्रदानम् ⋆⋆⋆⋆⋆ 9 ⋆⋆⋆⋆⋆ *prāyaścitta arghya pradānam*

If you are doing the ***sāyaṃ sandhyāvandanam*** after sunset, follow the items in this Section. Perform ***prāṇāyāmam*** as described in Section 2. Configure the ***saṅkalpam*** posture as described in Section 3 and recite

श्री भगवदाज्ञया श्रीमन्नारायण प्रीत्यर्थं सायं सन्ध्या कालातीत दोष प्रायश्चित्तार्थं तुरीय अर्घ्यप्रदानं करिष्ये।

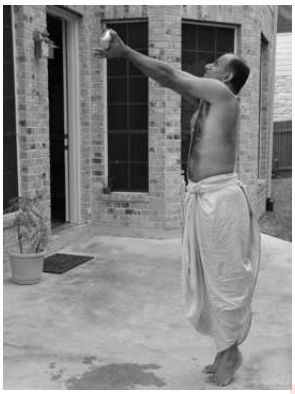

Figure 19: Posture for *arghya pradānam.*

śrī bhagavadājñayā śrīmannārāyaṇa prītyarthaṃ sāyaṃ sandhyā doṣa kālātīta doṣa prāyaścittārthaṃ turīya arghya-pradānaṃ kariṣye।

Follow the items presented in Table 56.

Action	Mantra to recite
Touch top of the head with right fingers	तुरीय अर्घ्यप्रदान मन्त्रस्य सान्दीपनी ऋषिः *turīya arghyapradāna mantrasya sāndīpanī ṛṣiḥ*
Touch tip of the nose with right fingers	देवी गायत्री छन्दः *devī gāyatrī chandaḥ*
Touch chest with right fingers	सविता देवता *savitā devatā*
With hands in *añjali mudrā*	तुरीय अर्घ्यप्रदाने विनियोगः *turīya arghyapradāne viniyogaḥ*

Table 56: *nyāsam* for *prāyaścitta arghyam*

Stand erect and hold the vessel containing water between your thumb and index fingers of your left hand. Join both you hands with palms facing upwards. Pour water in between your palms and hold it. Raise both your hands to the level of your forehead. Now recite

ओं भूः। ओं भुवः। ओग्ं सुवः। ओं महः। ओं जनः। ओं तपः। ओग्ं सत्यम्। ओं तत् सवितुर्वरेण्यं भर्गो देवस्य धीमहि। धियो यो नः प्रचोदयात्। ओं भूः। ओं भुवः। ओग्ं सुवः। ओं महः। ओं जनः। ओं तपः। ओग्ं सत्यम्।

oṃ bhūḥ। oṃ bhuvaḥ। oṃ̃ suvaḥ। oṃ mahaḥ। oṃ janaḥ। oṃ tapaḥ। oṃ̃ satyam। oṃ tat savituravareṇyaṃ bhargo devasya dhīmahi। dhiyo yo naḥ pracodayāt। oṃ bhūḥ। oṃ bhuvaḥ। oṃ̃ suvaḥ। oṃ mahaḥ। oṃ janaḥ। oṃ tapaḥ। oṃ̃ satyam।

Now, raise both your heels and let the water while looking at the sun. Then, follow the items presented in Table 57.

Action	Mantra to recite
With some water in your right palm, circle your hand around your head in a clockwise direction while simultaneously circling yourself in a clockwise direction	ओं भूर्भुवस्सुवः *oṃ bhūrbhuvassuvaḥ*
With hands in *añjali mudrā*, imagine the Lord as being in the center of the Sun	असावादित्यो ब्रह्म *asāvādityo brahma*

Table 57: Salutations to sun

केशवादि तर्पणम् ★★★★★ 10 ★★★★★ *keśavādi tarpaṇam*

Perform the *ācamanam* as described in Section 1. Sit in ***kukkuṭāsana*** and hold the vessel containing water between your thumb and index fingers of your left hand. Join both you hands with palms facing upwards as shown in Figure 20. Now, follow the items presented in Table 58.

Figure 20: Posture for ***keśavādi tarpaṇam.***

Action	Mantra to recite
Pour water in the hollow of your joined palms and hold it. Recite the *mantra* on the right and then let the water through the fingers of both your hands	केशवं तर्पयामि *keśavaṃ tarpayāmi*
Repeat the above action	नारायणं तर्पयामि *nārāyaṇaṃ tarpayāmi*
Repeat the above action	माधवं तर्पयामि *mādhavaṃ tarpayāmi*
Repeat the above action	गोविन्दं तर्पयामि *govindaṃ tarpayāmi*
Repeat the above action	विष्णुं तर्पयामि *viṣṇuṃ tarpayāmi*
Repeat the above action	मधुसूदनं तर्पयामि *madhusūdanaṃ tarpayāmi*
Repeat the above action	त्रिविक्रमं तर्पयामि *trivikramaṃ tarpayāmi*
Continued ...	

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Action	Mantra to recite
Repeat the above action	वामनं तर्पयामि *vāmanaṃ tarpayāmi*
Repeat the above action	श्रीधरं तर्पयामि *śrīdharaṃ tarpayāmi*
Repeat the above action	हृषीकेशं तर्पयामि *hṛṣīkeśaṃ tarpayāmi*
Repeat the above action	पद्मनाभं तर्पयामि *padmanābhaṃ tarpayāmi*
Repeat the above action	दामोदरं तर्पयामि *dāmodaraṃ tarpayāmi*

Table 58: *keśavādi tarpaṇam*

Perform the *ācamanam* as described Section 1.

जपस्थल प्रोक्षणम् ⋆⋆⋆⋆⋆ **11** ⋆⋆⋆⋆⋆ *japasthala prokṣaṇam*

Sprinkle some water on a clean area and recite

ओं भूर्भुव॒स्सु॑वः
oṃ bhūrbhuva॒ssuváḥ

Sit anywhere in the water-sprinkled area facing west and follow the items presented in Table 59.

Action	Mantra to recite
Touch top of the head with right fingers	आसनमन्त्रस्य पृथिव्या मेरुपृष्ठ ऋषिः *āsanamantrasya pṛthivyā merupṛṣṭha ṛṣiḥ*
Continued ...	

Action	Mantra to recite
Touch tip of the nose with right fingers	सुतलं छन्दः *sutalaṃ chandaḥ*
Touch chest with right fingers	श्री कूर्मो देवता *śrī kūrmo devatā*
With hands in *añjali mudrā*	आसने विनियोगः *āsane viniyogaḥ*

Table 59: *nyāsam* for *āsanam*

With hands in *añjali mudrā*, recite

पृथ्वि त्वया धृता लोका देवि त्वं विष्णुना धृता।
त्वं च धारय मां देवि पवित्रं कुरु चासनम्॥

pṛthvi tvayā dhṛtā lokā devi tvaṃ viṣṇunā dhṛtā।
tvaṃ ca dhāraya māṃ devi pavitraṃ kuru cāsanam॥

न्यासम् ⋆⋆⋆⋆⋆ 12 ⋆⋆⋆⋆⋆ *nyāsam*

Perform *prāṇāyāmam* as described in Section 2, three times. Configure the *saṅkalpam* posture as described in Section 3 and recite

श्री भगवदाज्ञया श्रीमन्नारायण प्रीत्यर्थं सायं सन्ध्या अष्टोत्तर शत वारं (If you wish to recite the *gāyatrī mantram* 108 times) **अष्टाविंशति वारं** (If you wish to recite the *gāyatrī mantram* 28 times) **दश वारं** (If you wish to recite the *gāyatrī mantram* 10 times) **गायत्री मन्त्र जपं करिष्ये।**

śrī bhagavadājñayā śrīmannārāyaṇa prītyarthaṃ sāyaṃ sandhyā aṣṭottara śata vāraṃ (If you wish to recite the *gāyatrī mantram* 108 times) *aṣṭāviṃśati vāraṃ* (If you wish to recite the *gāyatrī mantram* 28 times) *daśa vāraṃ* (If you wish to recite the *gāyatrī mantram* 10 times) *gāyatrī mantra japaṃ kariṣye।*

Then, follow the items presented in Table 60.

Action	Mantra to recite
Touch top of the head with right fingers	प्रणवस्य ऋषिर्ब्रह्मा *praṇavasya ṛṣirbrahmā*
Touch tip of the nose with right fingers	देवी गायत्री छन्दः *devī gāyatrī chandaḥ*
Touch chest with right fingers	परमात्मा देवता *paramātmā devatā*
Touch top of the head with right fingers	भूरादि सप्त व्याहृतीनां अत्रि भृगु कुत्स वसिष्ठ गौतम काश्यप आङ्गिरस ऋषयः *bhūrādi sapta vyāhṛtīnāṃ atri bhṛgu kutsa vasiṣṭha gautama kāśyapa āṅgirasa ṛṣayaḥ*
Touch tip of the nose with right fingers	गायत्री उष्णिक् अनुष्टुप् बृहती पङ्क्ति त्रिष्टुप् जगत्यः छन्दाग्ंसि *gāyatrī uṣṇik anuṣṭup bṛhatī paṅkti triṣṭup jagatyaḥ chandāṃ̃si*
Touch chest with right fingers	अग्नि वायु अर्क वागीश वरुण इन्द्र विश्वे देवा देवताः *agni vāyu arka vāgīśa varuṇa indra viśve devā devatāḥ*
Touch top of the head with right fingers	सावित्र्या ऋषिः विश्वामित्रः *sāvitryā ṛṣiḥ viśvāmitraḥ*
Continued ...	

Action	Mantra to recite
Touch tip of the nose with right fingers	देवी गायत्री छन्दः *devī gāyatrī chandaḥ*
Touch chest with right fingers	सविता देवता *savitā devatā*
Touch top of the head with right fingers	गायत्री शिरसो ब्रह्मा ऋषिः *gāyatrī śiraso brahmā ṛṣiḥ*
Touch tip of the nose with right fingers	अनुष्टुप् छन्दः *anuṣṭup chandaḥ*
Touch chest with right fingers	परमात्मा देवता *paramātmā devatā*
With hands in *añjali mudrā*	सर्वेषां प्राणायामे विनियोगः *sarveṣāṃ prāṇāyāme viniyogaḥ*

Table 60: *nyāsam*

With hands in *añjali mudrā*, recite

मुक्ताविद्रुम हेमनील धवळच्छायैर्मुखैस्त्रीक्षणैः
युक्तामिन्दुकला निबद्धमकुटां तत्त्वार्थ वर्णात्मिकाम्।
गायत्रीं वरदाभयां कुशकशं शुभ्रं कपालं गुणम्
शङ्खं चक्रमथारविन्दयुगळं हस्तैर्वहन्तीं भजे॥

muktāvidruma hemanīla dhavaḷacchāyairmukhaistrīkṣaṇaiḥ
yuktāmindukalā nibaddhamakuṭāṃ tattvārtha varṇātmikām।
gāyatrīṃ varadābhayāṃ kuśakaśaṃ śubhraṃ kapālaṃ guṇam
śaṅkhaṃ cakramathāravindayugaḷaṃ hastairvahantīṃ bhaje॥

Follow the item presented in Table 61.

Action	Mantra to recite
With your two hands gently touch different parts of your body from head to toe.	ओमापो॒ ज्योती॒ रसो॒ऽमृतं॒ ब्रह्म॒ भूर्भु॑व॒स्सु॑व॒रोम् *omāpo॒ jyotī॒ raso॒'mṛta॒ṃ brahma॒ bhūrbhuva॒ssuva॒rom*

Table 61: Sanctifying different parts of the body

With hands in *añjali mudrā*, recite

अर्कमण्डल मध्यस्थं सूर्यकोटिसमप्रभम्।
ब्रह्मादि सेव्य पादाब्जं नौमि ब्रह्म रमासखम्॥

arkamaṇḍala madhyasthaṃ sūryakoṭisamaprabham।
brahmādi sevya pādābjaṃ naumi brahma ramāsakham॥

Perform the *prāṇāyāmam* described in Section 2, three times. It is also a pratice to recite the following ten times instead of performing the *prāṇāyāmam* three times.

ओं भूः। ओं भुवः। ओग्ं सुवः। ओं महः। ओं जनः। ओं तपः। ओग्ं सत्यम्। ओं तत् स॑वि॒तुर्वरे॑ण्यं॒ भर्गो॑ दे॒वस्य॑ धीमहि। धियो॒ यो नः॑ प्रचो॒दया॑त्। ओमापो॒ ज्योती॒ रसो॒ऽमृतं॒ ब्रह्म॒ भूर्भु॑व॒स्सु॑व॒रोम्॥

oṃ bhūḥ। oṃ bhuvaḥ। oṁ suvaḥ। oṃ mahaḥ। oṃ janaḥ। oṃ tapaḥ। oṁ satyam। oṃ tat sáviturvare॑ṇyaṃ bhargó devasyá dhīmahi। dhiyo॒ yo náḥ pracodayā॑t। omāpo॒ jyotī॒ raso॒'mṛta॒ṃ brahma॒ bhūrbhuva॒ssuva॒rom॥

गायत्री आवाहनम्	⋆⋆⋆⋆⋆ **13** ⋆⋆⋆⋆⋆	*gāyatrī āvāhanam*

Follow the items presented in Table 62.

Action	Mantra to recite
Touch top of the head with right fingers	आयातु इति अनुवाकस्य वामदेव ऋषिः *āyātu iti anuvākasya vāmadeva ṛṣiḥ*
Touch tip of the nose with right fingers	अनुष्टुप् छन्दः *anuṣṭup chandaḥ*
Touch chest with right fingers	गायत्री देवता *gāyatrī devatā*
With hands in *añjali mudrā*	गायत्री आवाहने विनियोगः *gāyatrī āvāhane viniyogaḥ*

Table 62: *nyāsam* for *gāyatrī āvāhanam*

With hands in *añjali mudrā*, recite

आयातु वरदा देवी अक्षरं ब्रह्मसंमितम्। गायत्रीं छन्दसां मातेदं ब्रह्म जुषस्व नः। ओजोऽसि सहोऽसि बलमसि भ्राजोऽसि देवानां धाम नामासि विश्वमसि विश्वायुस्सर्वमसि सर्वायुरभिभूरों॥

āyātu varadā devī akṣaraṃ brahmasaṃmitam। gāyatrīṃ chandasāṃ mātedaṃ brahma juṣasva naḥ। ojo'si saho'si balamasi bhrājo'si devānāṃ dhāma nāmāsi viśvamasi viśvāyussarvamasi sarvāyurabhibhūroṃ॥

Next, follow the items presented in Table 63.

Action	Mantra to recite
Starting with *añjali mudrā*, then opening your palms, move both hands in a circular motion towards your heart.	गायत्रीं आवाहयामि *gāyatrīṃ āvāhayāmi*
Continued ...	

Action	Mantra to recite
Repeat the above action	सावित्रीं आवाहयामि *sāvitrīṃ āvāhayāmi*
Repeat the above action	सरस्वतीं आवाहयामि *sarasvatīṃ āvāhayāmi*

Table 63: *gāyatrī āvāhana mantram*

With hands in *añjali mudrā,* recite

सायं सरस्वतीं श्यामां रविमण्डल मध्यगाम्।
सामवेदं व्याहरन्तीं चक्रायुधधरां शुभाम्।
ध्यायामि विष्णुदैवत्यां वृद्धां गरुडवाहनाम्॥

sāyaṃ sarasvatīṃ śyāmāṃ ravimaṇḍala madhyagām।
sāmavedaṃ vyāharantīṃ cakrāyudhadharāṃ śubhām।
dhyāyāmi viṣṇudaivatyāṃ vṛddhāṃ garuḍavāhanām॥

Then, follow the items presented in Table 64.

Action	Mantra to recite
Touch top of the head with right fingers	सावित्र्या ऋषिः विश्वामित्रः *sāvitryā ṛṣiḥ viśvāmitraḥ*
Touch tip of the nose with right fingers	देवी गायत्री छन्दः *devī gāyatrī chandaḥ*
Touch chest with right fingers	सविता देवता *savitā devatā*
With hands in *añjali mudrā*	सायं सन्ध्या जपे विनियोगः *sāyaṃ sandhyā jape viniyogaḥ*

Table 64: *nyāsam* for *gāyatrī japam*

With hands in ***añjali mudrā,*** recite

यो देवस्सविताऽस्माकं धियो धर्मादि गोचराः।
प्रेरयेत्तस्य यद्भर्गस्तद्वरेण्यं उपास्महे॥

yo devassavitā'smākaṃ dhiyo dharmādi gocarāḥ।
prerayettasya yadbhargastadvareṇyaṃ upāsmahe॥

गायत्री जपम् ★★★★★ 14 ★★★★★ *gāyatrī japam*

Cover both your hands with the upper cloth you are wearing, join your hands and bring them to the level of your navel. Open yours palms such that they face you, as shown in Figure 21(a). Recite the following ***gāyatrī mantram*** as many as times as resolved in the ***saṅkalpam*** in Section 12. The counting is done with fingers on both your hands in the following way. The left hand is used for counting the units while the right hand is used for counting the tens. The counting on the left hand is shown in Figure 21(b). The counting is done in a similar way in your right hand.

(a) Posture for ***gāyatrī japam***
(According to some, upper cloth rests on the left shoulder.)

(b) Counting procedure for ***gāyatrī japam***

Figure 21: Posture and counting procedure for ***gāyatrī japam.***

ओं। भूर्भुव॒स्सुव॑ः। तत्स॑वि॒तुर्वरे॑णि॒यं। भर्गो॑ दे॒वस्य॑ धीमहि। धियो॒ यो नः॑ प्रचो॒दया॑त्॥

oṃ। bhūrbhuva̲ssuváḥ। tatsávi̲turvareṇíyaṃ। bhargó de̲vasyá dhīmahi। dhiyo̲ yo náḥ pracо̲dayá̲t॥

अष्टाक्षर जपम्	⋆⋆⋆⋆⋆ 15 ⋆⋆⋆⋆⋆	*aṣṭākṣara japam*

The items in this Section is applicable to people who have undergone ***samāśrayaṇam*** under an ***ācārya.*** Recite the ***taniyans*** of your ***ācārya paramparā.*** Now, do the ***prāṇāyamam*** as described in Section 2 with the ***aṣṭākṣara mantram*** instead of the ***prāṇāyāma mantram.*** This is performed three times. Then, follow the items presented in Table 65.

Action	Mantra to recite
Touch top of the head with right fingers	श्रीमदष्टाक्षर महामन्त्रस्य बदरिकाश्रमवासी श्रीमन्नारायण ऋषिः *śrīmadaṣṭākṣara mahāmantrasya badarikāśramavāsī śrīmannārāyaṇa ṛṣiḥ*
Touch tip of the nose with right fingers	देवी गायत्री छन्दः *devī gāyatrī chandaḥ*
Touch chest with right fingers	परमात्मा श्रीमन्नारायणो देवता *paramātmā śrīmannārāyaṇo devatā*
With hands in *añjali mudrā*	श्रीमन्नारायण प्रीत्यर्थे जपे विनियोगः *śrīmannārāyaṇa prītyarthe jape viniyogaḥ*

Table 65: ***nyāsam*** for ***aṣṭākṣara japam***

With hands in ***añjali mudrā,*** recite

सव्यं पादं प्रसार्य श्रितदुरितहरं दक्षिणं कुञ्चयित्वा
जानुन्याधाय सव्येतरमितरभुजं नागभोगे निधाय।
पश्चाद्बाहुद्वयेन प्रतिभटशमने धारयन् शङ्खचक्रे
देवीभूषादिजुष्टो जनयतु जगतां शर्म वैकुण्ठनाथः॥

savyaṃ pādaṃ prasārya śritaduritaharaṃ dakṣiṇaṃ kuñcayitvā
jānunyādhāya savyetaramitarabhujaṃ nāgabhoge nidhāya।

paścādbāhudvayena pratibhaṭaśamane dhārayan śaṅkhacakre
devībhūṣādijuṣṭo janayatu jagatāṃ śarma vaikuṇṭhanāthaḥ॥

Now, recite the *aṣṭākṣara mantram* as many times as resolved for *gāyatrī japam.*

गायत्री उद्वासनम् ⋆⋆⋆⋆⋆ 16 ⋆⋆⋆⋆⋆ *gāyatrī udvāsanam*

Peform *prāṇāyāmam* as described in Section 2, three times. Come to the *saṅkalpam* posture as mentioned in Section 3 and recite

श्री भगवदाज्ञया श्रीमन्नारायण प्रीत्यर्थं सायं सन्ध्या उपस्थानं करिष्ये।

śrī bhagavadājñayā śrīmannārāyaṇa prītyarthaṃ sāyaṃ sandhyā upasthānaṃ kariṣye।

Stand up and follow the items presented in Table 66.

Action	Mantra to recite
Touch top of the head with right fingers	उत्तम इत्यनुवाकस्य वामदेव ऋषिः *uttama ityanuvākasya vāmadeva ṛṣiḥ*
Touch tip of the nose with right fingers	अनुष्टुप् छन्दः *anuṣṭup chandaḥ*
Touch chest with right fingers	गायत्री देवता *gāyatrī devatā*
With hands in *añjali mudrā*	गायत्री उद्वासने विनियोगः *gāyatrī udvāsane viniyogaḥ*

Table 66: *nyāsam* for *udvāsanam*

With hands in *añjali mudrā,* recite

उत्तमे शिखरे देवी भूम्यां पर्वतमूर्धनि।
ब्राह्मणेभ्यो ह्यनुज्ञानं गच्छ देवि यथा सुखम्॥

uttamé śikhа́re devī́ bhūmyāṃ pа́rvatamūrdhа́ni।
brāhmaṇе́bhyo hyа́nujñānaṃ gaccha dе́vi yathā sú́kham॥

It is also a practice to do the ***aṣṭākṣara japam*** here instead of doing it soon after ***gāyatrī mantra japam.*** In this case, peform the items presented in Section 15.

गायत्री उपस्थानम्	⋆⋆⋆⋆⋆ **17** ⋆⋆⋆⋆⋆	*gāyatrī upasthānam*

Follow the items presented in Table 67.

Action	**Mantra to recite**
Touch top of the head with right fingers	इमंमे वरुण इत्यादि मन्त्राणां देवरात ऋषिः *imaṃme varuṇa ityādi mantrāṇāṃ devarāta ṛṣiḥ*
Touch tip of the nose with right fingers	गायत्री त्रिष्टुप् जगत्यः छन्दाग्ंसि *gāyatrī triṣṭup jagatyaḥ chandāṃ̃si*
Touch chest with right fingers	सविता देवता *savitā devatā*
With hands in *añjali mudrā*	सायं सन्ध्योपस्थाने विनियोगः *sāyaṃ sandhyopasthāne viniyogaḥ*

Table 67: ***nyāsam*** for ***upasthānam***

With hands in ***añjali mudrā,*** recite

इमं मे॑ वरुण श्रुधी॒ हव॑मद्या च॑ मृडय। त्वाम॑व॒स्युराच॑के॥

imaṃ mе́ varuṇa śrudhī́ havа́mа̄dyā cа́ mṛḍaya। tvāmа́-vа̄syurācа́ke॥

तत्त्वा॑यामि॒ ब्रह्म॑णा॒ वन्द॑मान॒स्तदाशा॑स्ते॒ यज॑मानो॒ हवि॑र्भिः। अहे॑डमानो॒ वरु॑णे॒ह बो॒ध्यु॒रु॒शग्ं स॒ मा न॒ आयुः॒ प्रमो॑षीः॥

tattvā́yāmi brahmā́ṇā vandámānástadāśā́ste yajámāno havirbhíḥ। ahéḍamāno varuṇeha bodhyurúśaṃ́ sa mā na āyuḥ pramóṣīḥ॥

यच्चिद्धि ते विशो॑ यथा॒ प्रदे॑व वरुण व्र॒तम्। मि॒नी॒मसि॒ द्यवि॑ द्यवि॥

yaccíddhi te viśó yathā pradéva varuṇa vratam। minīmasi dyaví dyavi॥

यत्किञ्चे॒दं व॑रुण दैव्ये॒ जने॑ऽभिद्रो॒हं म॑नु॒ष्या॑श्चरा॑मसि। अचि॑त्ती॒ यत्त॑व॒ धर्मा॑ युयोपि॒म मा न॒स्तस्मा॒देन॑सो देवरीरिषः॥

yatkiñcedaṃ váruṇa daivye jané'bhidrohaṃ mánuṣyā́-ścarā́masi। acítti yattava dharmā́ yuyopima mā nastasmādenáso devarīriṣaḥ॥

कि॒त॒वासो॒ यद्रि॑रि॒पुर्न दी॒वि यद्वा॑घा स॒त्यमु॒तयन्न वि॒द्म। सर्वा॒ ता विष्य॑ शिथि॒रेव॑ दे॒वाथा॑ ते स्याम वरुण प्रि॒यास॑ः॥

kitavāso yadríripurna dīvi yadvā́ghā satyamutayanna vidma। sarvā tā viṣyá́ śithirevá́ devāthā́ te syāma varuṇa priyāsáḥ॥

सन्ध्यादि देवता वन्दनम् ⋆⋆⋆⋆⋆ 18 ⋆⋆⋆⋆⋆ *sandhyādi devatā vandanam*

Follow the items presented in Table 68.

Action	Mantra to recite
Face west with hands in *añjali mudrā*	ओं सन्ध्यायै नमः *oṃ sandhyāyai namaḥ*
Face north with hands in *añjali mudrā*	ओं सावित्र्यै नमः *oṃ sāvitryai namaḥ*
Continued ...	

Action	Mantra to recite
Face east with hands in *añjali mudrā*	ओं गायत्र्यै नमः *oṃ gāyatryai namaḥ*
Face south with hands in *añjali mudrā*	ओं सरस्वत्यै नमः *oṃ sarasvatyai namaḥ*
Face west with hands in *añjali mudrā*	ओं सर्वाभ्यो देवताभ्यो नमो नमः *oṃ sarvābhyo devatābhyo namo namaḥ*
With hands in *añjali mudrā*	ओं कामोऽकार्षीत् मन्युरऽकार्षीत् नमो नमः *oṃ kāmo'kārṣīt manyura'kārṣīt namo namaḥ*

Table 68: *sandhyādi devatā vandanam*

अभिवादनम् ⋆⋆⋆⋆⋆ 19 ⋆⋆⋆⋆⋆ *abhivādanam*

Come to a posture as shown on the left side of Figure 22. Recite

Figure 22: Posture for *abhivādaye.*

अभिवादये
choose from column two of Table 70 based on your gotram
त्रयार्षेय प्रवरान्वित (if there are three *ṛṣis* in your *pravaram*)
पञ्चार्षेय प्रवरान्वित (if there are five *ṛṣis* in your *pravaram*)
choose from column one of Table 70 गोत्रः
choose from column two of Table 71 based on your branch of veda सूत्रः

choose from column one of Table 71 based on your branch of veda
शाखाध्यायी
say your name शर्मा नामाहं अस्मिभोः

abhivādaye
choose from column two of Table 70 based on your gotram
trayārṣeya pravarānvita (if there are three ***ṛṣis*** in your ***pravaram***)
pañcārṣeya pravarānvita (if there are five ***ṛṣis*** in your ***pravaram***)
choose from column one of Table 70 ***gotraḥ***
choose from column two of Table 71 based on your branch of veda ***sūtraḥ***
choose from column one of Table 71 based on your branch of veda
śākhādhyāyī
say your name ***śarmā nāmāhaṃ asmibhoḥ***

Immediately come to a posture as shown on the right side of Figure 22 and then stand erect.

दिक् वन्दनम्	⋆⋆⋆⋆⋆ **20** ⋆⋆⋆⋆⋆	*dik vandanam*

Follow the items presented in Table 69.

Action	**Mantra to recite**
Face west with hands in *añjali mudrā*	ओं प्रतीच्यै दिशे नमः *oṃ pratīcyai diśe namaḥ*
Face north with hands in *añjali mudrā*	ओं उदीच्यै दिशे नमः *oṃ udīcyai diśe namaḥ*
Face east with hands in *añjali mudrā*	ओं प्राच्यै दिशे नमः *oṃ prācyai diśe namaḥ*
Continued ...	

Action	Mantra to recite
Face south with hands in *añjali mudrā*	ओं दक्षिणायै दिशे नमः *oṃ dakṣiṇāyai diśe namaḥ*
Facing west, with hands in *añjali mudrā*, look above	ओं ऊर्ध्वाय नमः *oṃ ūrdhvāya namaḥ*
With hands in *añjali mudrā*, look below	ओं अधराय नमः *oṃ adharāya namaḥ*
With hands in *añjali mudrā*, look towards the sky	ओं अन्तरिक्षाय नमः *oṃ antarikṣāya namaḥ*
With hands in *añjali mudrā*, look towards the earth	ओं भूम्यै नमः *oṃ bhūmyai namaḥ*
With hands in *añjali mudrā*, think of the Lord in the Sun's orbit	ओं विष्णवे नमः *oṃ viṣṇave namaḥ*

Table 69: *digvandanam*

With hands in *añjali mudrā*, recite

ध्येयस्सदा सवितृमण्डल मध्यवर्ती
नारायणः सरसिजासन सन्निविष्टः।
केयूरवान् मकर कुण्डलवान् किरीटी
हारी हिरण्मय वपुः धृतशङ्ख चक्रः॥

dhyeyassadā savitṛmaṇḍala madhyavartī
nārāyaṇaḥ sarasijāsana sanniviṣṭaḥ।
keyūravān makara kuṇḍalavān kirīṭī
hārī hiraṇmaya vapuḥ dhṛtaśaṅkha cakraḥ॥

शङ्खचक्र गदापाणे द्वारका निलयाच्युत।
गोविन्द पुण्डरीकाक्ष रक्ष मां शरणागतम्॥

śaṅkhacakra gadāpāṇe dvārakā nilayācyuta।
govinda puṇḍarīkākṣa rakṣa māṃ śaraṇāgatam॥

नमो ब्रह्मण्यदेवाय गोब्राह्मणहिताय च।
जगद्धिताय कृष्णाय गोविन्दाय नमो नमः॥

namo brahmaṇyadevāya gobrāhmaṇahitāya ca।
jagaddhitāya kṛṣṇāya govindāya namo namaḥ॥

Perform ***abhivādanam*** as described in Section 19 and follow it up with an ***ācamanam,*** as described in Section 1. Sprinkle some water on the place you performed the a ***sandhyāvandanam,*** and then recite

ओं भूर्भुव॒स्सु॑वः

oṃ bhūrbhuva॒ssuváḥ

Recite

श्री कृष्णाय नमः

śrī kṛṣṇāya namaḥ

ten times.

सात्विक त्यागम् ⋆⋆⋆⋆⋆ 21 ⋆⋆⋆⋆⋆ sātvika tyāgam

With hands in ***añjali mudrā,*** recite

भगवानेव स्वनियाम्य स्वरूपस्थिति प्रवृत्ति स्वशेषतैक रसेन अनेन आत्मना कर्त्रा स्वकीयैश्च उपकरणैः स्वाराधनैक प्रयोजनाय परमपुरुषः सर्वशेषी श्रियः पतिः स्वशेषभूतं इदं सायं सन्ध्यावन्दनाख्यं कर्म स्वस्मै स्वप्रीतये स्वयमेव कारितवान्॥

bhagavāneva svaniyāmya svarūpasthiti pravṛtti svaśeṣataika rasena anena ātmanā kartrā svakīyaiśca upakaraṇaiḥ svārādhanaika prayojanāya paramapuruṣaḥ sarvaśeṣī śriyaḥ patiḥ svaśeṣabhūtaṃ idaṃ sāyaṃ sandhyāvandanākhyaṃ karma svasmai svaprītaye svayameva kāritavān॥

श्रीरङ्ग मङ्गळमणिं करुणा निवासम्।
श्री वेङ्कटाद्रि शिखरालय काळमेघम्॥

śrīraṅga maṅgaḷamaṇiṃ karuṇā nivāsam।
śrī veṅkaṭādri śikharālaya kāḷamegham॥

श्री हस्तिशैल शिखरोज्वल पारिजातम्।
श्रीशं नमामि शिरसा यदुशैलदीपम्॥

śrī hastiśaila śikharojvala pārijātam।
śrīśaṃ namāmi śirasā yaduśailadīpam॥

कायेन वाचा मनसेन्द्रियैर्वा बुद्ध्याऽऽत्मना वा प्रकृतेः स्वभावात्।
करोमि यद्यत् सकलं परस्मै नारायणायेति समर्पयामि॥

kāyena vācā manasendriyairvā
buddhyā''tmanā vā prakṛteḥ svabhāvāt।
karomi yadyat sakalaṃ parasmai
nārāyaṇāyeti samarpayāmi॥

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॥ गोत्रं प्रवरं च ॥
॥ *gotraṃ pravaraṃ ca* ॥
(Gotram and Pravaram)

gotram	*pravaram*
भारद्वाज *bhāradvāja*	आङ्गिरस, बार्हस्पत्य, भारद्वाज *āṅgirasa, bārhaspatya, bhāradvāja*
आत्रेय *ātreya*	आत्रेय, आर्चनानस, श्यावाश्व *ātreya, ārcanānasa, śyāvāśva*
वाधूल *vādhūla*	भार्गव, वीतहव्य, सावेतस *bhārgava, vītahavya, sāvetasa*
श्रीवत्स *śrīvatsa*	भार्गव, च्यावन, आप्नवान, और्व, जामदग्न्य *bhārgava, cyāvana, āpnavāna, aurva, jāmadagnya*
कौशिक *kauśika*	वैश्वामित्र, आघमर्षण, कौशिक *vaiśvāmitra, āghamarṣaṇa, kauśika*
विश्वामित्र *viśvāmitra*	वैश्वामित्र, देवरात, औदल *vaiśvāmitra, devarāta, audala*
कौण्डिन्य *kauṇḍinya*	वासिष्ठ, मैत्रावरुण, कौण्डिन्य *vāsiṣṭha, maitrāvaruṇa, kauṇḍinya*
हरित *harita*	आङ्गिरस, अम्बरीष, यौवनाश्व *āṅgirasa, ambarīṣa, yauvanāśva*
कण्व *kaṇva*	आङ्गिरस, अजमीढ, काण्व *āṅgirasa, ajamīḍa, kāṇva* (आङ्गिरस, कौर, काण्व) *(āṅgirasa, kaura, kāṇva)*
Continued ...	

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gotram	*pravaram*
पराशर *parāśara*	वासिष्ठ, शाक्त्य, पाराशर्य *vāsiṣṭha, śāktya, pārāśarya*
शाण्डिल्य *śāṇḍilya*	काश्यप, आवत्सार, शाण्डिल्य *kāśyapa, āvatsāra, śāṇḍilya* (काश्यप, आवत्सार, दैवल) *(kāśyapa, āvatsāra, daivala)*
काश्यप *kāśyapa*	काश्यप, आवत्सार, दैवल *kāśyapa, āvatsāra, daivala*
मौद्गल्य	आङ्गिरस, पारम्यश्व, मौद्गल्य *āṅgirasa, pāramyaśva, maudgalya* (तार्क्ष्य, पारम्यश्व, मौद्गल्य) *(tārkṣya, pāramyaśva, maudgalya)* (आङ्गिरस, धाव्य, मौद्गल्य) *(āṅgirasa, dhāvya, maudgalya)*
नैद्रुव काश्यप *naidruva kāśyapa*	काश्यप, आवत्सार, नैद्रुव *kāśyapa, āvatsāra, naidruva*
सङ्कृति *saṅkṛti*	आङ्गिरस, कौरवीत, साङ्कृत्य *āṅgirasa, kauravīta, sāṅkṛtya* (शाद्य, कौरवीत, साङ्कृत्य) *(śādya, kauravīta, sāṅkṛtya)*
कुत्स *kutsa*	आङ्गिरस, मान्धात्र, कौत्स *āṅgirasa, māndhātra, kautsa*
शठमर्षण *śaṭhamarṣaṇa*	आङ्गिरस, पौरकुत्स, त्रासतस्य *āṅgirasa, paurakutsa, trāsatasya*
Continued ...	

gotram	*pravaram*
आगस्त्य *āgastya*	आगत्य, तार्ढ्यच्युत, सौमवाह *āgatya, tārḍhyacyuta, saumavāha*
बादरायण *bādarāyaṇa*	आङ्गिरस, पार्शदश्व, राधीतर *āṅgirasa, pārśadaśva, rādhītara*
गार्ग्य *gārgya*	आङ्गिरस, बार्हस्पत्य, भारद्वाज, शैन्य, गार्ग्य *āṅgirasa, bārhaspatya, bhāradvāja, śainya, gārgya* (आङ्गिरस, शैन्य, गार्ग्य) *(āṅgirasa, śainya, gārgya)*

Table 70: *gotram* and *pravaram*

veda	*sūtra*
ऋग् *ṛg*	आश्वलायन, कात्यायन *āśvalāyana, kātyāyana*
यजुर् *ya-jur*	आपस्तम्ब, बोधायन *āpastamba, bodhāyana*
साम *sāma*	त्राह्यायणि, रणायणि *trāhyāyaṇi, raṇāyaṇi*

Table 71: *veda* and *sūtra*

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